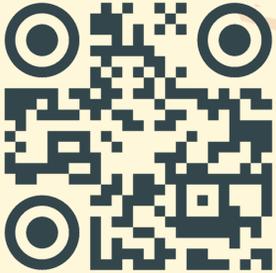


Coquitlam Teachers

WELLNESS SUPPORTS

EMPLOYEE AND FAMILY ASSISTANCE PROGRAM (EFAP)



This program is provided by SD43 and is available free of cost to teachers in a contract (temporary or continuing). Homewood health provides a range of health, life balance, and career supports and can be accessed anonymously – the employer doesn't get the names of those who access it. Call 1-800-663-1142 or visit www.homeweb.ca for more information and to sign up. Our Customer Name is School District No.43 (Coquitlam) and the Invitation Code is SDN498.

BCTF HEALTH AND WELLNESS

BCTF Health and Wellness: This program is provided by the BCTF and is available at no cost to members. The program offers support to teachers who are struggling to stay well while teaching or who are off on a medical leave and are seeking wellness supports to facilitate a return to work. The program can provide a wide range of supports and cost sharing is sometimes possible. Visit <https://tinyurl.com/bctfhealthandwellness> to self-refer.



BCTF WELL TEACHER GROUPS



BCTF Well Teacher Groups: The BCTF provides free access to work with wellness facilitators to focus on teacher wellness. The program is based on the book, The Well Teacher, and connects teachers with a group of 10-15 educators who meet virtually to work through six two-hour sessions. Register at: <https://tinyurl.com/bctfwellteachergroups>. New dates are added throughout the year.

STARLING MINDS

Starling Minds is an online program offered at no cost through the BCTF. It is made up of a series of self-paced online modules designed to give you tools to better manage your stress and emotional wellbeing.



Questions?
Contact the CTA: 604-936-9971