

Calm and Contain COVID-19 Immediate Stress Support



Employee Wellness/EFAP will be providing 30 minute telephonic support to those who would like to have a private conversation with a therapist.

The focus will be on finding ways to calm your nervous system, contain the distress and have space to share whatever it is you need in a confidential way.

How do I book my session?

Please email your name, phone number and availability (date/time) to cism@efap.ca and we will book your 30 minute spot. The therapist will call you at your designated time.

We feel honoured to support you while you support others.

Location:

Telephonic or Zoom

Registration:

cism@efap.ca



EMPLOYEE WELLNESS
good thinking

Vancouver
CoastalHealth

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VCH