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CITY OF SASKATOON EFAP NEWSLETTER

www.cityofsaskatoonefap.org

EMPLOYEE & FAMILY ASSISTANCE PROGRAM

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Supporting Mental Health and Well-Being

As we move into the fall season, it's a great time to focus on our health, well-being, and the resources available to support us. Recent wellness sessions have introduced valuable information that can help employees and their families access care, build resilience, and stay connected with the community.

FALL INTO WELLNESS: CARING FOR YOUR MENTAL HEALTH

As the seasons change and daylight hours become shorter, it's common to notice changes in mood and energy. Prioritize your mental well-being by getting outside, staying active, maintaining a regular sleep schedule, and connecting with others. If you're finding the seasonal transition difficult, don't hesitate to seek support. Your EFAP is here to help!





THOUGHT FOR THE SEASON

"The goal is not to feel better. The goal is to live better."

"Taking care of yourself is one of the most valuable investments you can make."

"You are stronger than today's challenge and wiser because of yesterday's."

"Be as kind to yourself as you are to those you care about."

"Rest is not a reward; it's a requirement for well-being."

Peer-Meeting Presentations - July

PPC THERAPY GROUP

We welcomed Hayley Leggett from PPC Therapy group. She gave an engaging presentation about Resolution Therapy and how it can help individuals work through stress, anxiety, trauma, grief, and other life challenges. The session highlighted practical strategies for improving emotional well-being and demonstrated how therapy can help people develop healthy coping skills while working toward positive, lasting change.

In addition, she introduced Acceptance and Commitment Therapy (ACT), an evidence-based approach used by mental health professionals to build psychological flexibility. Rather than trying to eliminate difficult emotions, ACT encourages us to accept what is outside our control while taking meaningful action guided by our personal values.

We don't have to wait for life to feel easier to start living meaningfully. Even during times of stress or uncertainty, we can reconnect with what matters most and take steps in that direction. Our values don't make life's challenges disappear, but they can help guide us through them—keeping us focused on what matters most and moving toward a life that feels meaningful.

WWW.PEOPLEPROBLEMS.CA.



GOTODOCTOR

GoToDoctor spoke with us about how their agency is transforming patient access to care. Their virtual platform offers an efficient solution for non-emergency medical concerns, significantly reducing wait times.

We then heard from Jennifer Goubault - her topic, Why "Calm is Contagious" emphasized that managing our own stress is the essential first step, as it is impossible to de-escalate another person when our own alarm systems are active.
Because calm is contagious through the brain's mirror neurons, our internal state directly influences those around us, meaning we must regulate ourselves first to effectively support others during high-stress medical situations.

WWW.GOTODOCTOR/CA/COSEFAP

WHAT IS PEER SUPPORT?

Peer support is about people helping people - employees helping employees.
Peers are often the first to notice changes in a colleague's behavior and can be a real connection in helping them get support. They are EFAP trained volunteers who will listen, encourage and guide you to appropriate people and resources for help.
If you are interested in becoming a Peer Advisor for your department , please contact EFAP @ efapadmin@saskatoon.ca

MENTAL HEALTH IN OUR COMMUNITY AND UPCOMING EVENTS



SEPTEMBER

September 10
World Suicide Prevention Day

Throughout September
Mental Health First Aid Certification Canadian Mental Health Association
www.cmhasaskatoon.ca

OCTOBER

October 5–11
Mental Illness Awareness Week / October 10 World Mental Health Day

Throughout October
Mental Health First Aid Essentials Canadian Mental Health Asociation
www.cmhasaskatoon.ca

NOVEMBER

Throughout November
Movember- Focuses on men's mental health, suicide prevention, and overall well-being.

November 6
Mind Over Matters Conference - One of Saskatoon's largest mental health education events featuring keynote speakers, exhibitors, and workshops from **Evolve Counselling & Wellness** and other local mental health organizations.

THE 10-MINUTE CONNECTION CHALLENGE

There has never been a better opportunity for reconnection than right now—in this noisy, tired world we're living in. Despite the many markers of societal advancement, the range of technology, our ability to travel and our access to knowledge—we're still the most disconnected we've ever been. And sadly, it is making not just our minds sick, but our bodies, too. Connection is one of the strongest protective factors for mental well-being. This month, set aside 10 minutes to connect with someone who matters to you.

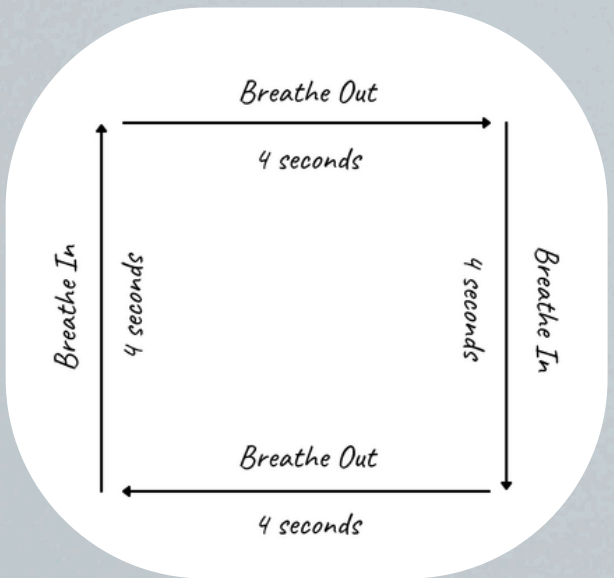
- Call a friend or family member.
- Invite a coworker for coffee or lunch.
- Write a thoughtful message to someone you appreciate.
- Check in with a neighbour.
- Spend uninterrupted time with your children or partner.

You don't have to solve anyone's problems. Simply being present and listening can have a lasting impact for them and for you.

PAUSE. BREATHE. RESET.

When your day feels busy, try this simple breathing exercise:

- Inhale for 4 seconds.
- Hold for 4 seconds.
- Exhale slowly for 6 seconds.
- Repeat 4 times.



This quick practice can help reduce stress, improve focus, and create a moment of calm during your day. * This excersice is courtesy of Dr. Jody Carrington www.drjodycarrington.com

WELCOMING BRIDGE COUNSELING

Bridge Counseling Saskatoon provides professional counselling for individuals, couples, and families across Saskatchewan, offering in-person and online therapy. Their services include trauma support, anxiety and grief counselling, relationship therapy, and specialized evidence-based treatments such as EMDR, A.R.T., AEDP, Somatic Experiencing, and Gottman Method Couples Therapy to promote healing, emotional well-being, and resilience.

BRIDGE COUNSELING

Address: 115 2nd Ave N St 203, Saskatoon, SK S7K 2B1
Phone: (306) 222-9741
www.bridgecounseling.net



Understanding Specialized Trauma Therapies

- Accelerated Resolution Therapy (ART): Helps process trauma, anxiety, and grief without reliving painful memories.
- EMDR (Eye Movement Desensitization and Reprocessing): An evidence-based therapy that helps reduce the impact of distressing memories.
- AEDP (Accelerated Experiential Dynamic Psychotherapy): Supports emotional healing through a safe, compassionate, trauma-informed approach.
- Somatic Experiencing: A body-based therapy that helps regulate the nervous system and release the effects of trauma and chronic stress.



WELCOME TO OUR NEW EFAP OFFICE ADMIN

Shanel joins our team as the new EFAP Office Administrator. She will support the day-to-day operations of the Employee and Family Assistance Program and help ensure employees and their families can easily access EFAP services.
We're excited to welcome Shanel to the team and look forward to her contributions in this role.