

APPENDIX K (SECTION 3)

INTERNAL RESOURCES

Workplace Health Promotion Grants - to support CH employee and physician teams in promoting health in the workplace. Every year, grants in the amount of \$500 to \$5,000 (up to a total of \$75,000) are awarded. Contact Healthy Workplace at 902-473-3743 or healthyworkplace@cdha.nshealth.ca or visit our intranet website: <http://cdhaintra/departmentservices/healthyworkplace/index.html>

Employee Assistance Program (EAP) - All Capital Health employees are able to access the FGI web site (our EAP provider) for Community Resource information such as workplace stress, parenting and child care, older adults, managing everyday life, finances, etc.

To access the web site, www.fgiworldmembers.com use the following username and password:
Username: **nsaho** Password: **nsaho101**

Learning and Development - This department can facilitate work sessions such as strategic planning events, focus groups and retreats that will help you achieve your desired outcomes. Learning and development can also be an excellent resource in providing information about programs and services available in the marketplace such as conflict resolution, Myers Briggs personality testing, mediation, coaching for productivity, care for caregivers.

For more information on programs offered visit their intranet website at:
<http://cdhaintra/education/learning/programs.html> or phone 902-473-5978.

** Please note that this listing of resources is not meant to be "all-inclusive". If you notice errors or have other suggestions for resources, please contact Healthy Workplace at 902-473-5817 or email healthyworkplace@cdha.nshealth.ca and we will consider adding it the next edition of this resource.

EXTERNAL RESOURCES – Many staff have shared their ideas for what services they have used in the past. It is easiest to search for these service ideas or categories in the yellow pages or by visiting <http://www.canada411.ca/>. We have listed a few categories below that staff have used in the past.

You can also contact us at 473-3743 or by email bonnie.conrad@cdha.nshealth.ca if you have questions or want more information on services staff have used in the past.

*Disclaimer: These external resources are provided solely as a convenience and do not constitute an endorsement by Capital Health.

Yellow Pages / www.411Canada.ca

TOPICS THAT MIGHT INTEREST YOU

Athletic Organizations

Arts & Crafts or Hobby

- Clay painting, Scrap booking, Gift baskets

Associations or Social or Human Service Organizations

Often list non-profit and other professional organizations that may offer resources at no or a lower cost, such as:

- Canadian Cancer Society, Nova Scotia Division, Canadian Diabetes Association, Eating Disorders Action Group, Heart and Stroke and Foundation of Nova Scotia, Lung Association of Nova Scotia

Holistic Health

- Feng Shui, Massage Therapy, Reflexology, Spas

Healthy Living Workshops / Information sessions

- Back care, Physical Activity, Exercise, Fitness, Fitness Consultants, Foot Care, Sporting Consultants, Yoga, Dancing, Stress management counseling, Swimming, Skating, Nutrition or Dietitian (most grocery stores have registered dietitians on staff who can offer healthy eating programs for at no or low cost)

Recreation

- Boat cruises, Golf, Recreational centres