



**LCC Worker
Benefit Services Inc.**
Caring for those who serve

3074 Portage Avenue, Winnipeg Manitoba, R3k 0Y2
P: 1-800-588-4226 (Toll Free)
E: info@Lutheranchurch.ca

May 8, 2020

RE: Fast Ways to Get Help and Information on Covid-19

Dear Brothers and Sisters in Christ,

In the face of a challenging world where many people are experiencing feelings of anxiety, stress and concern about Covid-19 we want to remind all of our members of the services available under the Employee and Family Assistance Program (EAP).

EAP is a confidential support service that can help solve all kinds of problems and challenges in life. The program covers members and their immediate family (those enrolled on your group benefits). EAP helps with:

- Personal Well-Being (stress, depression, anxiety, grief, mental health, life transitions etc.)
- Managing Relationships and Family (conflict, parenting, aging parents etc.)
- Getting Legal and Financial Clarity (Family law, bankruptcy, financial emergencies)
- Workplace Challenges (conflict, stress, work/life balance etc.)
- Addictions
- Understanding Nutrition (addressing high cholesterol, blood pressure, diabetes, weight management etc.)

There is no cost to use EAP and if you are referred to specialized or longer-term support EAP can provide assistance in selecting an appropriate provider. Fees for these services may be covered by provincial plans or under the Worker Benefit health plan (the health plan covers reasonable and customary costs for psychological services and has been increased from \$500 to \$1000 per person until the end of the year).

Contacting EAP

Call **1-844-880-9137** (Toll free)



**LCC Worker
Benefit Services Inc.**
Caring for those who serve

3074 Portage Avenue, Winnipeg Manitoba, R3k 0Y2
P: 1-800-588-4226 (Toll Free)
E: info@Lutheranchurch.ca

Other Resources

The Morneau Shepell website (our EFAP provider) has webinars and information on the corona virus at https://workplacelearning.morneaushepell.com/en/covid-19-training?utm_source=Pardot&utm_medium=Email&utm_campaign=WLS_HowWeCanHelp

Manulife offers “Stronger Minds” a free digital program created to support all Canadians through the covid-19 crisis. Stronger minds provides videos and quick reads from mental health experts, activities to gain resilience and ask an expert videos which provides answers to questions.

For more information visit <https://www.mindbeacon.com/strongerminds>.

Regional Pastors are Available to Help

Your Regional Pastor can also help you find additional resources. Contact the following:

WEST REGION	Rev. Robert Mohns	rmohns@lutheranchurch.ca
EAST REGION	Rev. Marvin Bublitz	mbublitz@lutheranchurch.ca
CENTRAL REGION	Rev. David Haberstock	dhaberstock@lutheranchurch.ca

It has never been more important for Pastors and Church Workers to do what they can to take care of themselves and each other, while doing your best to help people impacted by the pandemic.

God’s Blessings,

Nancy Swerhun, Pension and Benefits Manager
LCC Worker Benefit Services Inc.