




















# EMPLOYEE WELLNESS BROCHURE

## TABLE OF CONTENTS

<b>Wellness Services</b> (in the EnCana Wellness Centre - U216)	<b>3</b> 
Optimal Therapies	<b>4</b> 
Tobacco Reduction	<b>5</b> 
Health Services	<b>6</b> 
Health Education	<b>7</b> 
Student Counselling	<b>8</b> 
Multi-Faith Chaplaincy	<b>9</b> 
Diversity and Human Rights	<b>10</b> 
Ombudsperson	<b>11</b> 
Integrative Health Institute	<b>12</b> 
Recreation	<b>13</b> 
Faculty of Continuing Education	<b>14</b> 
Occupational Health and Safety	<b>15</b> 
Human Resources	<b>16</b> 
Learning and Development	<b>17</b> 
Benefits	<b>18</b> 
MRSSA Develop, Train and Learn Committee	<b>19</b> 

# WELLNESS SERVICES

ENCANA WELLNESS CENTRE : U216

Wellness Services takes an innovative approach to your total health by integrating several services that address the wellness of your body, mind and spirit. Wellness Services takes a “whole person” approach to employee wellness by housing Health Services, Diversity & Human Rights, Student Counselling, Optimal Therapies, Health Education, Multi-Faith Chaplaincy, and Tobacco Reduction all within one centre.

## WELLNESS SERVICES : OPTIMAL THERAPIES

### **SERVICE OFFERING:**

Are you looking to relieve your sore joints and aching muscles? Do you need treatment for a chronic injury? Are you interested in learning how to treat or prevent injuries? Come visit Optimal Therapies, where a full complement of health care professionals offer chiropractic medicine, athletic therapy, massage therapy, physiotherapy, acupuncture and energy balancing.

Conveniently located on-campus in the EnCana Wellness Centre, Optimal Therapies provides complementary and alternative wellness services to employees and their families, including the custom building of orthotics .

### **CONTACT INFORMATION:**

Tel: 403.440.6917

Online: [www.mtroyal.ca/optimaltherapies](http://www.mtroyal.ca/optimaltherapies)

Location: EnCana Wellness Centre – U216

Hours: M to F - 8AM to 8PM - SAT 9AM to 2PM

### **SERVICE OFFERING:**

Did you know that tobacco use is the leading cause of preventable disability, disease and death in Canada? Mount Royal is happy to provide employees with free information on proven strategies to successfully stop smoking, as well as information on alternative methods. We also provide ongoing support and encouragement to help you through your quit attempt.

Tobacco Reduction and Education works to raise awareness in the University community about the human, social and economic consequences of tobacco use. Watch for events around campus that explore the social, behavioural, environmental, physical and physiological results of tobacco addiction.

### **CONTACT INFORMATION:**

Tel: 403.440.5619

Online: [www.mtroyal.ca/tobaccofree](http://www.mtroyal.ca/tobaccofree)

Location: EnCana Wellness Centre – U216V

## WELLNESS SERVICES : HEALTH SERVICES

### **SERVICE OFFERING:**

Health Services is a comprehensive, on-campus medical clinic that offers health care services to Mount Royal University employees and students. Appointments are scheduled with our team of clinic physicians and nurses for a range of health care services, including physical exams, sexual health concerns, immunizations, sore throats and lab tests. You'll receive quality, timely care for any health issues you have that require medical attention and follow-up.

### **CONTACT INFORMATION:**

Tel: 403.440.6326

Online: [www.mtroyal.ca/healthservices](http://www.mtroyal.ca/healthservices)

Location: EnCana Wellness Centre – U216

## **SERVICE OFFERING:**

The Health Education program is designed to help you make smart decisions about your health. This program provides current information on timely issues, such as stress reduction, flu prevention, alcohol awareness and more. It also helps raise awareness of the many wellness resources and programs available to you as an employee.

Watch for events, guest speakers, displays, brochures and newsletters on a variety of health issues.

## **CONTACT INFORMATION:**

Tel: 440.6369

Online: [www.mtroyal.ca/healthed](http://www.mtroyal.ca/healthed)

Location: EnCana Wellness Centre – U216B

## WELLNESS SERVICES : STUDENT COUNSELLING

### **SERVICE OFFERING:**

Here's something you may not know: Student Counselling Services provides assistance to Mount Royal University employees as well as students. Our workshops and services can help support you in difficult situations or help you enrich your life.

We offer:

- Assistance to University departments in dealing with highly emotional situations
- Workshops on emotional wellness and mental health
- Support to employees during times of crisis by providing consultation, connecting employees with Mount Royal's Employee and Family Assistance Program and offering a bridge to community services

### **CONTACT INFORMATION:**

Tel: 403.440.6362

Online: [www.mtroyal.ca/counselling](http://www.mtroyal.ca/counselling)

Location: EnCana Wellness Centre

## SERVICE OFFERING:

Mount Royal University recognizes that spiritual wellness is as important as physical and emotional health. Nourish your spiritual life with these two initiatives that exist to help employees and students enhance their wellness:

**Multi-Faith Chaplaincy:** You can book an appointment with a chaplain from your faith tradition. Contact the chaplaincy coordinator to set up an appointment.

**Meditation Centre:** Visit this tranquil room whenever you need time and space for spiritual re-centering. The centre is available for individual or group prayer and meditation.

## CONTACT INFORMATION:

Tel: 403.440.8904

Online: [www.mtroyal.ca/multifaith](http://www.mtroyal.ca/multifaith)

Location: Chaplaincy Offices – F122

Meditation Centre – W201 (By West Gate entrance)

## WELLNESS SERVICES : DIVERSITY AND HUMAN RIGHTS

### **SERVICE OFFERING:**

The Office of Diversity and Human Rights promotes a healthy, inclusive environment of respect and dignity for all Mount Royal community members.

All matters are handled in strict confidence. The office is a Positive Space and promotes understanding of respect for sexual orientation and gender diversity. Drop-ins are welcome, but booking an appointment with the Diversity and Human Rights Advisor is advised to reduce wait time.

### **CONTACT INFORMATION:**

Tel: 403.440.8675

Online: [www.mtroyal.ca/humanrights](http://www.mtroyal.ca/humanrights)

Location: EnCana Wellness Centre – U216C

## SERVICE OFFERING:

The Office of the Ombudsperson at Mount Royal University is a safe place to obtain advice and assistance with resolving a problem, concern or conflict.

Working with Mount Royal employees, the Ombudsperson seeks prompt and fair resolution to problems and conflicts. All matters are handled in confidence.

You would approach the Ombudsperson at Mount Royal if you:

- Are not sure what to do or who to turn to
- Need information or advice about a problem you have or about a Mount Royal policy or procedure
- Believe you have been treated unfairly

## CONTACT INFORMATION:

Tel: 403.440.6076

Online: [www.mtroyal.ca/ombuds](http://www.mtroyal.ca/ombuds)

Location: Y320G

### **SERVICE OFFERING:**

Integrative health encompasses the whole person (body, mind, spirit and emotions), including all aspects of lifestyle. It emphasizes the therapeutic relationship and makes use of all appropriate therapies - conventional, complementary and alternative. Mount Royal University's Integrative Health Institute works collaboratively with our Faculty of Continuing Education and Extension to create certificate programs, personal and professional development courses that promote body, mind and spirit health and well-being.

As a Mount Royal University employee, you can register at no charge for any approved course that does not have a full complement of paying students.

### **CONTACT INFORMATION:**

Tel: 403.440.8809

Online: [www.mtroyal.ca/integrativehealth](http://www.mtroyal.ca/integrativehealth)

Location: U241B

## **SERVICE OFFERING:**

Through our programs, facilities and services, we have a significant impact on the formation and maintenance of healthy and active lifestyle habits for Mount Royal employees. Our attractive facilities and convenient services such as equipment rentals make it easy for you to stay physically active. And, as a Mount Royal employee, you automatically receive a membership and your family is entitled to reduce membership rates.

Membership privileges include access to recreation facilities and member rates for all recreation programs. Learn new skills, keep fit and have fun in programs, such as aquatics, climbing, dance, intramural sports, yoga and more.

## **CONTACT INFORMATION:**

Tel: 403.440.6517

Online: [www.mtroyal.ca/recreation](http://www.mtroyal.ca/recreation)

Location: U130

## **SERVICE OFFERING:**

Can you imagine participating in lifelong learning at no cost to you? At Mount Royal you can. Employees can register free of charge in any approved Continuing Education course unless it is full. Check with the MRSSA regarding EDT funding to reimburse tuition if you do pay for CE courses.

If you are working toward a new career or need new workplace skills, our programs can help you. If you embrace learning for personal interest, we have a huge variety of courses to meet your needs. We offer courses in a variety of formats: evening, day and weekend face-to-face courses as well as distance, online and blended learning.

## **CONTACT INFORMATION:**

Tel: 403.440.6875

Online: [www.conted.mtroyal.ca](http://www.conted.mtroyal.ca)

Location: EB3101

### **SERVICE OFFERING:**

A safe and healthy work environment is an objective we all share. Mount Royal University has a full-time occupational health and safety coordinator who can work with you to prevent work-related accidents, injuries and illnesses.

The coordinator is responsible for working with faculty and support staff to ensure that employees understand and follow occupational health and safety rules. The coordinator also educates university employees about their workplace health and safety duties.

### **CONTACT INFORMATION:**

Tel: 403.440.6038

Location: N280

### **SERVICE OFFERING:**

Mount Royal University Department of Human Resources will provide services and support if you become ill or are injured. The department will assist when you are facing the need to take a leave due to an illness or injury, and will help you return to work once you are able. The department also works to ensure that the workplace is fully accessible should you have a temporary or permanent disability.

### **CONTACT INFORMATION:**

Tel: 403.440.6584

Online: [www.mtroyal.ca/HR](http://www.mtroyal.ca/HR)

Location: Department of Human Resources – D101

### **SERVICE OFFERING:**

Learning and Development in the Department of Human Resources provides opportunities for the collective University community and individual employees to embrace exceptional work practices by providing experiences that enhance:

- Communication and active listening
- Decision making and efficient work guidance

Learning and Development will work with you, your department or a group of like-minded employees. Advise us about your department's learning goals and we will assist you with finding learning resources.

### **CONTACT INFORMATION:**

Tel: 440.6855 or 440.6923

Online: [www.mtroyal.ca/HR/learndev.shtml](http://www.mtroyal.ca/HR/learndev.shtml)

Email: [prodev@mtroyal.ca](mailto:prodev@mtroyal.ca)

Location: Human Resources – D101

## HUMAN RESOURCES : GROUP BENEFITS

### SERVICE OFFERING:

**Extended Health Care:** 1.800.268.6195

Reimbursement of prescription drugs, chiropractic services, athletic therapy, massage, physiotherapy, ambulance, etc.

**Health Care Spending Account:** 1.800.268.6195

Reimbursement of eligible health care expenses that are limited or not covered under group benefits.

**Dental Care:** 1.800.268.6195

Reimbursement for basic and major services.

**ManuAssist:** 1.800.265.9977 (North America) or  
519.741.8450 (collect)

Emergency medical travel assistance

**Employee Family Assistance Program:** 1.800.663.1142

24-hour counselling service and support

\*Eligible employees & their dependants are supported through these benefits.

### CONTACT INFORMATION:

Tel: 403.440.5911

Online: [www.mtroyal.ca/HR/empservbenefits.shtml](http://www.mtroyal.ca/HR/empservbenefits.shtml)

Location: Department of Human Resources – Employee Services – A272

## **SERVICE OFFERING:**

The MRSSA Develop, Train & Learn (DTL) Committee funds work-enhancing group development, training and learning activities. The activities are professional, personal, flexible, and responsive; they benefit all MRSSA members and in turn benefit the Mount Royal workplace.

MRSSA members can access the funds either through submitting proposals for group funding or suggesting to the Committee learning opportunities, such as courses, workshops, lunch & learns, or keynote events they wish the Committee to organize.

## **CONTACT INFORMATION:**

Tel: 403.440.6855

Online: [www.mrssa.ca/committees.html](http://www.mrssa.ca/committees.html)



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