<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wellness Services</td>
<td>4</td>
</tr>
<tr>
<td>Optimal Therapies</td>
<td>5</td>
</tr>
<tr>
<td>Student Counselling</td>
<td>6</td>
</tr>
<tr>
<td>Health Services</td>
<td>7</td>
</tr>
<tr>
<td>Healthy Campus</td>
<td>8</td>
</tr>
<tr>
<td>Mental Health</td>
<td>9</td>
</tr>
<tr>
<td>Diversity and Human Rights Advisor</td>
<td>10</td>
</tr>
<tr>
<td>Multi-faith Chaplaincy</td>
<td>11</td>
</tr>
<tr>
<td>Positive Space</td>
<td>12</td>
</tr>
<tr>
<td>Human Rights Advising</td>
<td>13</td>
</tr>
<tr>
<td>Inclusive Education and Programming</td>
<td>14</td>
</tr>
<tr>
<td>Dating, Domestic &amp; Sexual Violence Response &amp; Awareness</td>
<td>15</td>
</tr>
<tr>
<td>Recreation</td>
<td>16</td>
</tr>
</tbody>
</table>
Faculty of Continuing Education

Environmental Health and Safety

Human Resources
  Disability Management
  Learning and Development
  Workplace Health Promotion
  Benefits

Dental Office

Pharmacy
WELLNESS SERVICES

**service offering:**
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 wellness and includes Health Services, Student Counselling Services, Optimal Therapies, and Healthy Campus.

**contact information:**
Tel: 403.440.8877
Online: www.mtroyal.ca/wellness
Location: Wellness Services - U216
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 and acupuncture.

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

contact information:
Tel: 403.440.6917
Online: www.mtroyal.ca/optimaltherapies
Location: Wellness Services - U216
Hours: Mon to Fri, 8AM to 8PM + Sat 9AM to 2PM
STUDENT COUNSELLING

service offering:
Here’s something you may not know: Student Counselling Services provides assistance to Mount Royal faculty and staff to help you assist students.

We offer:
- Consultation to departments and employees in dealing with emotional situations involving students
- Workshops about emotional wellness and mental health
- Guest lectures and classroom presentations
- Support to employees during times of crisis by providing consultations, connecting employees with MRU’s EFAP and bridging employees to community services

contact information:
Tel: 403.440.6362
Online: www.mtroyal.ca/counselling
Location: Wellness Services – U216
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, psychiatrists and nurses for a wide range of services; including physical exams, sexual health concerns, immunizations, sore throats and mental health support.

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
Location: Wellness Services – U216
Hours: Mon to Thurs, 8AM to 5PM + Fri 8AM to 4PM
HEALTHY CAMPUS

service offering:
The Healthy Campus Team engages campus community members to help promote well-being from the individual to environmental level. We work collaboratively on health surveys, programming, outreach, education, capacity building, and advocacy related to a variety of health topics.

Please connect with us if you are interested in booking a presentation, finding out more about our programs, or finding out how the Healthy Campus Team can be involved in your area.

contact information:
Tel: 403.440.5619
Online: www.mtroyal.ca/healthycampus
Location: I151
service offering:
To help support the success of our students, faculty, and staff, Mount Royal University offers a wide range of personalized health services to our campus community. This helps us create an inclusive, safe, and vibrant learning and working environment.

The mental health website showcases the many resources available to foster positive mental health and to offer support for those with mental health challenges and concerns. The website includes the Mental Help Folder (a resource for helping others in distress), information on training and education opportunities, and other available resources.

contact information:
Online: www.mtroyal.ca/mentalhealth
DIVERSITY AND HUMAN RIGHTS SERVICES

**service offering:**
The Office of Diversity and Human Rights promotes an inclusive environment of respect and dignity for all Mount Royal community members.

Diversity & Human Rights provides education, training, and diversity & inclusion programs and services to all MRU employees through its Inclusive Education & Programming, Human Rights Advising, Multifaith Chaplaincy, Positive Space Initiative, and Dating, Domestic & Sexual Violence Response and Awareness program.

**contact information:**
Tel: 403.440.5956
Online: www.mtroyal.ca/diversity
Location: Wellness Services - U216C
MULTI-FAITH CHAPLAINCY

service offering:
As part of the Diversity and Human Rights department, the Multi-Faith Chaplaincy at Mount Royal University seeks to provide employees with opportunities to explore spiritual exploration and wellness.

Employees can engage the MFC by attending sponsored events, booking an appointment with a chaplain from their faith tradition, or visiting the campus Meditation Centre (W201) for individual or group prayer, mindfulness and/or meditation.

Contact the chaplaincy coordinator to learn more about opportunities for spiritual development.

contact information:
Tel: 403.440.8942
Online: www.mtroyal.ca/multifaith
Location: Chaplaincy Offices – F122
Meditation Centre – W201
POSITIVE SPACE

**service offering:**

The Positive Space Initiative promotes a safe, inclusive, and respectful campus community for all sexual and gender identities and expressions. Awareness, advocacy, and support for the LGBTTIQQ2AS community is achieved through education, training, and events.

**contact information:**

Tel: 403.440.5520
Online: www.mtroyal.ca/postivespace
service offering:
Confidential information, support and advocacy is available to employees with questions, concerns and complaints regarding discrimination, harassment and accommodation.

Conflict management services, including mediation and facilitated dialogue, are also available.

Appointments can be booked by phone or online through MyMRU.

contact information:
Tel: 403.440.5956
Online: www.mtroyal.ca/humanrights
Location: Wellness Services - U216C
INCLUSIVE EDUCATION & PROGRAMMING

**service offering:**
Inclusive Education & Programming offers a variety of inclusive diversity events, workshops, training, and other learning opportunities throughout the year.

More information can be found on the website.

**contact information:**
Tel: 403.440.5520
Online: www.mtroyal.ca/diversity
Location: Wellness Services - U216V
DATING, DOMESTIC & SEXUAL VIOLENCE RESPONSE & AWARENESS

**service offering:**
Safe and confidential disclosures of sexual violence can be made to specially-trained advocates who can provide information related to on- and off-campus resources and reporting options.

Concerns for safety on campus can be addressed with safety plans.

Various educational and awareness initiatives are also available.

**contact information:**
Tel: 403.440.5623 (Coordinator)
Tel: 403.461.7183 (Confidential Advocate)
Online: www.mtroyal.ca/diversity
service offering:
Gain energy, clear your mind, take a break and have fun in our outstanding Recreation Centre. Whether you want to play, exercise or unwind, we’re here to support a healthy, active lifestyle with fitness classes, climbing, intramural sports, aquatics and more.

As an MRU employee (MRSA, MRFA or Management Exempt) you automatically have access to all of Recreation’s facilities and receive member pricing on all activities. Additionally, your family is entitled to a preferred rate on memberships and facility drop-in passes.

It’s easy to be active while at work - scan your Campus Card and you’re in. Yes, it’s that easy!

contact information:
Tel: 403.440.6517
Online: www.mtroyal.ca/recreation
Location: Customer Service Centre (U130)
Social: @MRUrecreation #MRUrec
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 MRSA 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.mtroyal.ca/conted
Location: EC 3100
ENVIRONMENTAL HEALTH AND SAFETY

service offering:
The Environmental Health and Safety team at Mount Royal University plays a critical role in the prevention of workplace incidents by supporting a progressive health and safety community culture. This is accomplished through University-wide EH&S policy and procedure implementation, workplace hazard assessment, and education and training for employees, contractors, students and volunteers, in accordance with health and safety legislation and best practices.

The Environmental Health and Safety consultants are responsible for educating employees about safety in the workplace, with the goal of preventing work-related accidents, injury, and illness.

contact information:
Tel: 403-440-5625
Location: N275
service offering:
The Department of Human Resources provides a variety of services in regards to the well-being and quality of work life of employees.

contact information:
Online: www.mtroyal.ca/HR
HR: DISABILITY MANAGEMENT

**service offering:**
HR will provide the necessary support required if you become ill or are injured, assisting with the processing of illness leaves, return to work planning, and workplace accommodation.

**contact information:**
Tel: 403.440.8573  
Location: Department of Human Resources – D101
service offering:
HR provides opportunities for employees to gain a variety of knowledge, skills and abilities. We will work with you, your department or a group with common learning and development interests to assist you with finding learning resources.

contact information:
Tel: 403.440.6923
Email: prodev@mtroyal.ca
Location: Department of Human Resources – D101
HR: WORKPLACE HEALTH PROMOTION

**service offering:**
HR is committed to promoting health through a variety of services, resources, and programs such as:

- Information and services for active and health workspace
- Employee health promotion events
- Homewood Health Employee and Family Assistance Provider (EFAP)
- Access to variety of health and wellness resources

**contact information:**
Tel: 403.440.6048
Location: Department of Human Resources – E208
Homewood Health Employee Family Assistance Program: 1.800.663.1142 24HR service
service offering:
MRU offers a number of group benefits to employees, including extended health care, dental care, health spending accounts, life insurance and long term disability insurance.

Please consult our website for details on the plans at: http://mtroyal.ca/EmploymentCareers/HumanResources/BenefitsandPension/index.htm

contact information:
Tel: 403.440.5911
Location: Department of Human Resources – E208
DENTAL OFFICE

**service offering:**
At Dental Choice, your dental health is our top priority. We are committed to creating an excellent atmosphere for you to take care of your oral health. Our campus location provides a convenient location for students, faculty and staff, but we are also open to the general public!

We would love to take care of your family’s oral health needs under one roof. We also accept and direct bill to most insurance plans.

**contact information:**
Tel: 403.685.3210
Online: www.dentalchoice.ca
Location: Wyckham House - Z006 (Lower Level)
service offering:
At Wyckham Pharmacy, we hope to tailor our products and services to meet your individual needs quickly, confidentially and with the utmost care. Our services include: pharmacist prescribing, prescription transfers, injection administration, medication reviews and more.

It’s everything you would want in a pharmacy, right here on the MRU campus!

contact information:
Tel: 403.720.3784
Online: www.wyckhampharmacy.com
Location: Wyckham House – Z004
(Lower Level below the Food Court)