Giving the Gift of Life

Every minute of every day someone in Canada needs blood. While more than one half of Canadians say they or a family member have needed blood or its products, in the past less than 2% of all Canadians gave blood!

Although the holiday season is typically a time of joy there will be many who find themselves facing a medical crisis and unfortunately, it is often a time when there are fewer donations. Please consider donating blood between December 22 and 31 and give someone the gift that can’t be bought! Donors can find a clinic near them and book online at www.blood.ca or by using the GiveBlood app!

The University of Alberta, a Canadian Blood Services ‘Partner for Life’, is committed to saving lives by donating as a team. To have your blood donation counted towards the University’s annual goal, please register as an individual member at www.blood.ca and use the Partner ID UNIV010313.

Help for Holiday Stress

The winter break is often a time of relaxation. We get some respite from our busy work lives and have the opportunity to spend time with those we hold dear. However, some of us may also find our stress levels increase during the holiday period. It could be increased social pressures, feelings of isolation or loss, or financial woes.

Whatever your stressors, your Employee and Family Assistance Program provider is available to help 24 hours a day, 7 days a week. Whether you simply want to talk something through with a supportive listener, or you are in the midst of a crisis, you can always get the help you need by calling 780-428-7587, toll-free at 1-800-663-1142 or through an international collect call to 1-604-689-1717 if you are out of the country.

Students can contact Counselling and Clinical Services at 780-492-5205 (uwell.ualberta.ca); Graduate Students can call 780-428-7587.

For helpful strategies to manage your holiday stress, please visit Facing Facts on our Virtual Wellness site at www.virtualwellness.ualberta.ca to view the fact sheet “Maintaining Mental Health during the Holiday Season”.

Influenza and Travel Immunizations

Spending the holidays sick with the flu? Not an option! If you haven’t already done so, it’s not too late to get your influenza vaccination. On campus visit the University Health Centre or Pharmacy. Travellers can also visit the pharmacy for travel consultations and immunizations. Please note: travel consultations and immunizations are not covered by your provincial health care plan.
The University of Alberta’s Employee and Family Assistance Program (EFAP) provider offers faculty and staff access to a variety of counselling services including legal and financial advisory services.

**LEGAL ADVISORY SERVICES**

If you are faced with a legal situation and don’t know where to turn, this service provides advice (but not legal representation) on a variety of issues including adoption/guardianship, bankruptcy, child custody, consumer complaints, divorce, wills and trusts, and much more.

**FINANCIAL ADVISORY SERVICE**

The focus of financial counselling is assessment, short-term consultation and referral when required. Financial counselling can be provided through individual counselling or accessed through telephone and/or e-mail consultation.

To learn more about these and other specialty counselling services as well as the many other programs and services provided by our Employee and Family Assistance Program provider, please visit the HRS website.

To arrange to speak with a specialist, please call 780-428-7587.

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**Sweat Mate**

University of Alberta Campus Community and Recreation is hosting Group Fitness in the Dome at Foote Field on Saturday, December 9, 2017 from 10:00—11:00 am.

Bring a partner for the EPIC Buddy Workout! The class is free but pre-registration is required. Please follow the link for more information and to register.

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**Learning Opportunities**

**Lunch & Learn**

The December 2017 Lunch & Learn sessions are open for registration. Please visit the Learning Shop to register. These sessions are intended for faculty and staff unless otherwise noted.

**2018 Workshops and Programs**

Human Resource Services is currently planning workshops, programs and events for the upcoming year. Please watch the HRS website for updates or subscribe to the OrgHealth Communication List to receive our monthly email.

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Wishing you a safe, healthy and happy holiday season!