

SUPPORTS AVAILABLE



Teachers with contracts 0.4 FTE and over can access all services. All others teachers have access to those services in RED

Homewood	Employee and Family Assistance Program or call 1-800-663-1142 (School District #05 Southeast Kootenay is the group name. The invitation code is: SDN560 FREE
Health & Wellness program	Health and Wellness offers a one-to-one consultant to work on work/life balance, cost sharing, ergonomic assessments. FREE
Starling Minds	Starling Minds is an online mental health and wellness toolkit, designed just for teachers that provides education and training to manage stress and prevent anxiety and depression. Find it here FREE
Well Teacher Groups	The Well Teacher groups provide educators the time and space to work with their colleagues and a trained wellness facilitator to work on their wellness. The program uses "The Well Teacher" book which can be found in each school. FREE
Peer Support	Peer Support is designed to provide direct, individual assistance to active teachers who are experiencing difficulty with their teaching practice or would like feedback. FREE
Benefits	Access Psychologists, registered Counsellors, Social Workers, Massage and Physiotherapists, Acupuncturists, Chiropractic services, Online Cognitive Therapy, Naturopathic services – Check out Pacific Blue Cross for a complete list. Our Group number is 20005
Sick Days	Use them or lose them! If you need a leave, contact your Dr. and get a note – that starts the process. Scared of running out? Salary Indemnity Plan kicks in (with paperwork) to pay you 50% of your salary with no deductions from your pay. Medical leave can range from an afternoon off per week to a full-time leave
Mentoring	We have a very active mentorship program for new and not so new teachers. Check out the CDTA website for the paperwork!

Call the Local Office at 250-489-3717 if you have any questions or would like us to refer you to any of the programs.