



HEALTHY RELATIONSHIPS  
BUILD

*Healthy Schools*

asebp

*Schools* really are their very own communities—from the safe and supportive environments they provide students to the comradery they foster among students and staff alike.

Maintaining healthy relationships in the workplace goes a long way to building healthy school communities. But like any community, sometimes people clash.

The good news is that conflict is a normal part of life. Learning how to manage it in a healthy, positive way is the first step to getting your relationships back on track and, fortunately, we have the tools to help.

Your Employee and Family Assistance Program, offered through our partnership with Homewood Health, is here to help you cope with conflicts in the workplace and assist with conflict resolution, so you and your school community can get back to your healthy, happy selves.

### WANT TO CONNECT WITH SOMEONE?

Many over-the-phone services are available through the Life Smart program, which can help you manage the various types of conflict that can arise in the workplace. And, if you need extra support, counselling services are also available.

When you call, you'll be asked a few questions to ensure you're directed to the best person for your situation.

► **English**

1-800-663-1142

TTY: 1-888-384-1152

International (call collect):  
604-689-1717

► **Français**

1-866-398-9505

ATS: 1-866-433-3305

Appels internationaux (frais virés  
acceptés): 514-875-0720

### PREFER TO WORK IT OUT ONLINE?

Register for a Homeweb.ca account to access handy online tools and resources like these:

- [Respect in the Workplace \(e-course\)](#), [bit.ly/homeweb4](http://bit.ly/homeweb4)
- [Managing Workplace Conflict](#), [bit.ly/homeweb5](http://bit.ly/homeweb5)
- [How to Defuse Entrenched Conflicts](#), [bit.ly/homeweb6](http://bit.ly/homeweb6)

### ADDITIONAL SUPPORT FOR SCHOOL LEADERSHIP

If you're in a leadership position in your school community, you can also use the Key Person Advice Line (KPAL) to access support and resources in the following areas:

- Workplace conflict
- Employee problems
- Unusual employee behaviour
- Providing assistance to employees
- Strategies for assisted referrals

You can access the KPAL by calling the same 1-800 numbers provided above. Just let Homewood Health know you're in a leadership role and want to access KPAL services.

*Remember...* your EFAP is  
here to help you, help yourself!

