

YOU MATTER.....

enhancing lives/improving the workplace

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PSN IS GRATEFUL TO OUR VOLUNTEERS...

As a not for profit society, PSN relies on the contributions of volunteers and donations to assist in our operation.

The first group of volunteers that PSN is grateful for are the members of our Board of Directors. They dedicate numerous hours towards strategic planning and advancing our purpose in the community and within their own companies to ensure the vision and mission as an EFAP provider is being fulfilled.

The second group of volunteers that PSN wants to acknowledge are those that share a unique skill set. In the past eight months for

example, Casman Group of Companies donated over 50 hours of IT support to PSN. Their IT manager, Leon Bevans, assisted PSN as a consultant and technician in the purchase and set up of our new workstations and internal network, as well as a new EAP software program. This has been an invaluable contribution to our operations and words alone cannot fully describe our gratitude.

The staff at PSN wish to send a big **THANK YOU** to all of our volunteers and donors—we so appreciate your dedication and selfless contributions!



*Unselfish and noble actions
are the most radiant pages in
the biography of souls*

-David Thomas

NEW WEBSITE LAUNCHED!



Some of you may have noticed that our website has been 'under construction' over the past several months. During this time, we have been working hard to revamp the site so that it is more current, informative and user friendly. We'd love for you to check it out and see what our new website has to offer:

www.efapfortmcmurray.com

In addition, we are having a 'Re-Launch Contest' for anyone who would like to participate.

You must answer the following question and the answer can be found somewhere on our website: What year did PSN begin providing the Employee Family Assistance Program in Fort McMurray? Be sure to email us and/or call us with your answer by August 5, 2011. All correct answers will be entered into a prize draw. The winner will be contacted by phone and/or email on that date.

Happy Browsing!!!



Personal Support
Network

enhancing lives/improving the workplace

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Children First: Community Child Care Network Society

Children First is a non-profit organization working to provide accessible, affordable, high quality childcare services in the Wood Buffalo region. The Day Home Agency provides childcare through a network of approved Community Day Home Providers, who are recruited and supported by our program as well as a Day Care Centre located in Eagle Ridge.

Community Day Home Agency

Our mandate is to offer a quality childcare program in a family environment that meets the needs of children and families within the Fort McMurray community. Our providers are selected based on their skills and knowledge in the field, their willingness to engage in ongoing professional development, and their desire to provide high-quality childcare in their own homes. If you need child care or are interested in becoming a provider please contact **780-748-5385**.

Eagle Ridge Nest

Located at 285 & 289 Sandpiper Road and licensed for 58 child care spaces, Eagle Ridge Nest provides care and education for children aged six months to six years. Built in two houses with a shared yard, Eagle Ridge Nest provides full-time care for young children based on a problem-solving, anti-bias approach. For more information, please contact **780-743-1106**.

Staff Summer Picks—In & Around Fort McMurray!



Here's what the staff at PSN love most about summer:

Carolyn:
"Cat & Dog" nights at Miskanaw Golf Club; BBQ and fire pit nights with friends; and the long hours of daylight.

Tina:
Interplay, the visual and performing arts festival; this year it's from August 4th to 7th on King Street.

Terri-Ann:
Gregoire Lake; Maqua Lake; camping; biking; and splash parks.

Paula:
The Country Fair; this year it's being held from August 5th to 7th in the Composite High School Gym.

Natali:
Summer Solstice event held at Keyano College; this year it's on June 17th.

Jody:
Walking all the paved trails (along the bush line); fishing at the Snye and near the water treatment plant on the Athabasca.

Laura:
Camping

Crystal:
Canada Rocks, an event being held at MacDonald Island Park; this year it will be from June 30th to July 2nd.

For details about the events listed here check out:

www.eventswoodbuffalo.com

www.wbcountryfair.org

www.macdonaldisland.ca

WHAT'S THE DEAL WITH 'WORK-LIFE' BALANCE ANYWAY?

What about the fact that it has a significant impact on stress levels, substance abuse, psychological issues, depletion of physical health, relationship and family difficulties, sleep patterns, as well as weight gain/loss?

Why is this catch phrase so prominent in today's world? Why is it so important to lead a 'balanced' life? What does it mean to be 'out of

balance'? These are just some of the topics that are covered in the workshop of the same name offered by PSN. In addition, participants will learn strategies to manage and ensure balance in their busy lives, doing their part to maintain their overall health and wellness.

PSN staff are able to provide this *Work-Life Balance* workshops for individuals/

couples/families or as a team/work group activity. If this workshop or the content thereof is of interest to you, please contact PSN for further information.

"I've learned that you can't have everything and do everything at the same time" - Oprah Winfrey



Living With Loss

We must embrace pain and burn it as fuel for our journey.
Kenji Miyazawa

We all experience grief and loss at some point in our lives. We journey through grief when someone we love dies, but there are many other experiences that are also about loss. The ending of a significant relationship, the loss of a job position, or a home, infertility, a failed career path, or an unrealized dream, are experiences that we need to give ourselves time to grieve over.

Grief can be more manageable when we understand what to expect from the process:

- Grief involves a wide range of feelings, not limited to sadness and depression, so don't censor your feelings, or feel guilty about moments of joy.
- Expect to also experience physical, cognitive, behavioural, and spiritual symptoms such as lack of energy, digestive upset, absentmindedness, restlessness, sleep disturbances, identity confusion, or spiritual emptiness.
- You may find yourself becoming socially withdrawn. It's okay to set boundaries with people who are less helpful, but keep connected to those whose words and presence are of comfort. Counselling can also help you cope.
- Grief does not have a set time frame, and often takes longer than others might think. It will continually develop and may come in waves, particularly at holidays or significant dates.

Moving to Fort McMurray

If you are new to Fort McMurray, you are undoubtedly experiencing the many emotions of change. Moving to any new city is a challenging experience. Finding balance is a pivotal key to setting yourself up for success in all realms of life (social, emotional, mental, employment, etc.). Some major steps to this end entail finding/forming a social network, and becoming involved in enjoyable activities. If you wish to really thrive and live life to the fullest here, connect with others and participate in events

the community has to offer. So get out there, and take in ALL that Fort McMurray has to offer. To get you started, go to www.woodbuffalo.ab.ca, click on 'Living', and 'Things To Do'. Remember, life is about living, not existing.

We keep moving forward, opening new doors, and doing new things, because we're curious and curiosity keeps leading us down new paths.

- Walt Disney



Relationship Tune-Up

Anyone in a long term relationship knows that over time excitement and passion decline and is often replaced with irritation and resentment. Below are some tips to help renew your relationship and maintain those loving feelings.

1. Set time aside 15 minutes a day for each other. Turn off the TV, turn off the computer, stop your chores and be together. Talk, laugh, play a board game, go for a walk, etc.
2. Create "caring jars" of things that your partner could do to show you that they care. Choose 15-20 things, write them down and put them in a jar. Your partner chooses one thing daily to do for you and you for them.
3. Find something to thank your partner for every day.
4. Plan a date or an activity together; take a class together or try a new activity together.
5. Tell your partner what you need from him/her. Even when you have to ask for it, a caring behaviour still counts.



Personal Support Network

WORD SCRAMBLE

Unscramble the following words to spell words that are associated with Summer!

gsminmiw _ _ _ _ _
obangit _ _ _ _ _
eberqaub _ _ _ _ _
vrieangtl _ _ _ _ _
cnapmgi _ _ _ _ _
asiectpfm _ _ _ _ _
selfrow _ _ _ _ _
hisnunse _ _ _ _ _

lndsaa _ _ _ _ _
iginkb _ _ _ _ _
gfngoil _ _ _ _ _
cddnirlosk _ _ _ _ _
icceemar _ _ _ _ _
chabe _ _ _ _ _
lanmeedo _ _ _ _ _
eerezb _ _ _ _ _

See bottom of page 3 for answers

We're on the Web
www.efapfortmcmurray.com

DEAR PSN....

How do I access an appointment with your agency when I need support?

Just call us at 780-791-1757 during business hours or leave a message after hours and our receptionist will return your call when we are back in the office. At that time, you will be offered our next available appointment. Please let us know if you are currently off work and require emotional support, as we will ensure you are placed in priority for an appointment as soon as possible.

Should you feel that you require support prior to the appointment offered, you can ask to speak with a counsellor. Each day, a counsellor is available for brief over-the-phone consultation and support when you need it.

If you have a question or need some advice, please forward to psn@telusplanet.net with subject line "Dear PSN". All identifying information will be removed.

