



CARPENTERS' AND  
MILLWRIGHTS'  
HEALTH & WELFARE  
TRUST FUND OF  
SASKATCHEWAN

10154 – 108 Street  
Edmonton, Alberta  
Canada T5J 1L3

Telephone  
780-452-5161

Toll Free  
1-800-770-2998

Email  
contact.us@ellement.ca

Fax  
780-452-5388

November 25th, 2020

Dear Members,

Your Board of Trustees realize that these are challenging times and want to support you and your families health and well-being. We are pleased to announce LifeWorks through Morneau Shepell a Member Assistance Program (MAP) available for Members and their eligible dependents effective December 1, 2020.

### Why you should join LifeWorks?

- 1) **Feel supported 24/7, 365 days a year** with a confidential members assistance program (MAP) whether you're expecting a baby, going through a divorce, or feeling overwhelmed at work.
- 2) When the world around you gets stressful, LifeWorks can help you manage your relationships **with well-being articles, podcasts, tools and resources.**
- 3) Instant chat with a clinical counsellor 24/7, makes it easier to reach out.
- 4) Save money with perks.

### How to get started?

**The Member Assistance Program (MAP)** and wellbeing resource is available 24/7 by phone, online, and by mobile app to best-in-class, confidential short-term counselling for the issues listed and more.

The enclosed includes the website with information on Support & Resources, Well-being and Exclusive Offers. The Carpenters and Millwrights user identification and password are included on the enclosed. Once on the website you can click on Get CareNow and you can then create your own personal account.

We hope that MAP provides the assistance and well-being to you and your family during these times of uncertainty, and if you need help please do not hesitate to reach out and take advantage of this program.

Sincerely,  
Board of Trustees