

Benefits & More

Employee Assistance Program

We believe the overall well-being of every employee is important. Our Employee Assistance Program (EAP) is available to Calgary Co-op employees and their immediate family members. Our EAP is an immediate, confidential and voluntary support service that can help you understand or resolve challenging situations or circumstances through a variety of resources.

An employee and their immediate family members (as defined in our employee benefit plan) may receive confidential support by telephone, in person, online and through a variety of issue-based health and wellness resources.

Our employees may receive fast, practical and relevant support in a manner that best suits their individual preferences, learning approach and lifestyle.

- Achieve Personal Well-Being
- Manage Relationships and Family
- Obtain Legal Clarity
- Obtain Financial Clarity
- Research Child and Elder Care Resources
- Address Workplace Challenges
- Tackle Addictions
- Understand Nutrition
- Obtain Health Care Advice

Calgary Co-op employees who want further information regarding EAP, should contact our Benefits and Disability Management Specialist.

