



EMPLOYEE

WELLNESS BROCHURE



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WELLNESS SERVICES

service offering:

Wellness Services promotes individual and campus well-being by empowering the MRU community to create a place where people can learn, work, play, love and LIVE WELL!

We have services and resources available for all employees to contribute to your physical and mental well-being. Through our website you can also sign-up to receive periodic emails with updates from our department.

contact information:

Tel: 403.440.8877

Online: mru.ca/wellness

Location: Wellness Services - U216

Social: @MRULiveWell

OPTIMAL THERAPY

service offering:

Are you looking to relieve your sore joints and aching muscles? Do you need treatment for a new or chronic injury? Are you interested in learning how to treat or prevent injuries? Come visit Optimal Therapy where a full complement of health care professionals offer chiropractic medicine, athletic therapy, massage therapy, physiotherapy, acupuncture and custom orthotics.

Conveniently located on-campus in Wellness Services, Optimal Therapy provides complementary and alternative wellness services to employees and their families.

contact information:

Tel: 403.440.6917

Online: mru.ca/optimaltherapy

Location: Wellness Services - U216

Hours: Mon to Fri, 8AM to 8PM + Sat 9AM to 2PM

STUDENT COUNSELLING

service offering:

Here's something you may not know: Student Counselling Services provides assistance to Mount Royal faculty and staff to help you assist students.

We offer:

- Consultation with departments and employees about how to respond to students' situational, emotional, or behavioural challenges
- Workshops about emotional wellness and mental health
- Support to employees during times of crisis by providing consultations, connecting employees with MRU's Employee Family Assistance Program (EFAP) and bridging employees to community services

contact information:

Tel: 403.440.6362

Online: mru.ca/counselling

Location: Wellness Services - U216

service offering:

Health Services is a comprehensive, on-campus, primary care medical clinic that offers health care services to Mount Royal University employees and students.

Appointments are scheduled with our team of clinical physicians, psychiatrist, mental health nurses and nurses for a wide range of services, including physical exams, sexual health concerns, immunizations and mental health support.

You'll receive quality, timely care for any health issues you have that require medical attention and follow-up.

contact information:

Tel: 403.440.6326

Online: mru.ca/healthservices

Location: Wellness Services - U216

Hours: Mon to Thurs, 8AM to 5PM + Fri 8AM to 4PM

HEALTHY CAMPUS

service offering:

The Healthy Campus Team engages campus community members to help promote well-being from the individual to environmental level. We work collaboratively on health surveys and consultations, programming, outreach, education, capacity building and advocacy related to a variety of health topics.

Please connect with us if you are interested in booking a presentation, finding out more about our programs or finding out how the Healthy Campus Team can be involved in your area.

contact information:

Tel: 403.440.6869

Online: mru.ca/healthycampus

Location: I151

service offering:

To help support the success of our students, faculty, and staff, Mount Royal University offers a wide range of personalized health services to our campus community. This helps us create an inclusive, safe and vibrant learning and working environment.

Our mental health website includes information on services and resources available, training and education opportunities, initiatives and materials on how to help others in distress.

contact information:

Online: mru.ca/mentalhealth

OFFICE OF CAMPUS EQUITY & MEANINGFUL INCLUSION

service offering:

The Office of Campus Equity & Meaningful Inclusion promotes an inclusive environment of respect and dignity for all Mount Royal community members.

Campus Equity & Meaningful Inclusion provides inclusive education, spaces, programs and services to all MRU employees through its Inclusive Education & Programming, Human Rights Advising, Interfaith Centre, and Dating, Domestic & Sexual Violence Response and Awareness programs.

contact information:

Tel: 403.440.5956

Online: mru.ca/cemi

Location: C201

INTERFAITH CENTRE

service offering:

As part of the Office of Campus Equity & Meaningful Inclusion, the Interfaith Centre advances interfaith dialogue, fosters a community of belonging and, with our team of chaplains representing a variety of faith traditions, supports religious and spiritual life on campus.

contact information:

Tel: 403.440.8942

Online: mru.ca/interfaith

Location: C201

Meditation Centre: W201

HUMAN RIGHTS ADVISING

service offering:

The Office of Campus Equity & Meaningful Inclusion provides a full-time Human Rights Advisor offering confidential information, support and advocacy to employees with questions, concerns and complaints regarding discrimination, harassment and accommodation. Conflict management services, including mediation and facilitated dialogue, are also available.

Appointments can be booked by phone or online through MyMRU.

contact information:

Tel: 403.440.5956

Online: mru.ca/humanrights

Location: C201

DATING, DOMESTIC & SEXUAL VIOLENCE RESPONSE & AWARENESS

service offering:

Safe and confidential disclosures of sexual violence can be made to specially-trained advocates who can provide information related to on- and off-campus resources and reporting options.

Concerns for safety on campus can be addressed with safety plans.

Various educational and awareness initiatives are also available.

contact information:

Tel: 403.440.5623 (Coordinator)

Tel: 403.461.7183 (Confidential Advocate)

Online: mru.ca/sexualviolence

Location: C201

COUGARS ATHLETICS AND RECREATION

service offering:

Gain energy, clear your mind, take a break and have fun in our outstanding Recreation Centre. Whether you want to play, exercise or unwind, we're here to support a healthy, active lifestyle with fitness classes, climbing, intramural sports, aquatics and more.

As an MRU employee (MRSA, MRFA or Management Exempt) you automatically have access to all of Recreation's facilities and receive member pricing on all activities. Additionally, your family is entitled to a preferred rate on memberships and facility drop-in passes.

It's easy to be active while at work - scan your Campus Card and you're in. Yes, it's that easy!

contact information:

Tel: 403.440.6517

Online: mru.ca/recreation

Location: Customer Service Centre - U130

Social: @MRUrecreation #MRUrec

FACULTY OF CONTINUING EDUCATION

service offering:

Can you imagine participating in lifelong learning at no cost to you? At Mount Royal University you can! Employees can register free of charge in any approved Continuing Education course, unless it is full. Check with the MRSA regarding EDT funding to reimburse tuition if you do pay for CE courses.

If you are working toward a new career or need new workplace skills, our programs can help you. If you embrace learning for personal interest, we have a huge variety of courses to meet your needs. We offer courses in a variety of formats: evening, day and weekend face-to-face courses as well as distance, online and blended learning.

contact information:

Tel: 403.440.6875

Online: mru.ca/conted

Location: EC 3100

ENVIRONMENTAL HEALTH AND SAFETY

service offering:

The Environmental Health and Safety team at Mount Royal University plays a critical role in the promotion of workplace safety and the prevention of workplace incidents by supporting a positive culture of health and safety. This is accomplished through a University-wide health and safety management system, workplace inspections, hazard assessments, training (all done in accordance with health and safety legislation) and MRU policy and procedures.

The Environmental Health and Safety department is responsible for educating employees about safety in the workplace, with the goal of preventing work-related accidents, injury and illness.

contact information:

Tel: 403-440-6038

Email: EHS@mtroyal.ca

Online: mru.ca/ehs Location: N275

HUMAN RESOURCES (HR)

service offering:

The Department of Human Resources provides a variety of services in regards to the well-being and quality of work life of employees.

contact information:

Online: mru.ca/HR

HR: ABILITY MANAGEMENT

service offering:

The Ability Management Consultant will provide the necessary support required if you become ill or are injured, assisting with the processing of illness leaves, return to work planning and workplace accommodation.

contact information:

Tel: 403.440.8573

Location: Department of Human Resources - E231

HR: EMPLOYEE DEVELOPMENT

service offering:

HR provides opportunities for employees to gain a variety of knowledge, skills and abilities. We will work with you, your department or a group with common learning and development interests to assist you with finding learning resources.

HR supports and promotes professional development for all MRU employees. The Employee Training portal (located online: MyMRU - Employee tab, Employee Training) offers a wide variety of professional development and learning opportunities, including certificate programs, multiple courses and workshops. Visit the Employee Training portal to register for upcoming learning opportunities.

contact information:

Tel: 403-440-6584

Email: prodev@mtroyal.ca

Location: Department of Human Resources - E231

HR: WORKPLACE HEALTH PROMOTION

service offering:

HR promotes health through a variety of services, resources and programs such as:

- Information and services for active and healthy workspaces
- Ergonomic Assessments
- Employee health promotion events
- Homewood Health - MRU's Employee and Family Assistance Provider (EFAP)
- Access to variety of health and wellness resources

contact information:

Online: mru.ca/hr-workplacehealth

Location: Department of Human Resources - E231

Homewood Health (EFAP) 1.800.663.1142

- available 24 hours/day

HR: GROUP BENEFITS

service offering:

MRU offers a number of group benefits to employees, including extended health care, dental care, health spending accounts, life insurance and long term disability insurance.

Please consult our website for details on the plans.

contact information:

Online: mru.ca/hr-benefits

Tel: 403.440.5911

Location: Department of Human Resources - E231

DENTAL OFFICE

service offering:

At Dental Choice, your dental health is our top priority. We are committed to creating an excellent atmosphere for you to take care of your oral health. Our campus location provides a convenient location for students, faculty and staff, but we are also open to the general public!

We would love to take care of your family's oral health needs under one roof. We also accept and direct bill to most insurance plans.

contact information:

Tel: 403.685.3210

Online: www.dentalchoice.ca

Location: Wyckham House - Z006 (Lower Level)

service offering:

At Wyckham Pharmacy, we hope to tailor our products and services to meet your individual needs quickly, confidentially and with the utmost care. Our services include: pharmacist prescribing, prescription transfers, injection administration, medication reviews and more.

It's everything you would want in a pharmacy, right here on the MRU campus!

contact information:

Tel: 403.720.3784

Online: www.wyckhampharmacy.com

Location: Wyckham House - Z004 (Lower Level below the Food Court)



mru.ca/wellness



MOUNT ROYAL UNIVERSITY

Wellness Services