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## **Unifor Biennial Employee & Family Assistance Conference**

### ***“MAKING THE CONNECTIONS ON MENTAL HEALTH AND ADDICTIONS”***

**May 10 – 12, 2024**

**Unifor Family Education Centre, Port Elgin ON**

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Calling all local union leaders and workplace representatives. The EFAP Conference will provide delegates with the tools to make meaningful connections, provide appropriate support and advocate for our members and their families struggling with mental health and addictions.

Through excellent speakers and facilitators, this Conference will:

- Explore how to set up safe spaces and environments so that someone struggling doesn't have to feel ashamed of who they are and what a mental health diagnosis looks like for them in the workplace.
- Talk about emotions for people who don't like emotions.
- Learn about 12-step programs for addiction.
- Education on how to make an effective, culturally appropriate referral to workplace or community resources.
- Provide information and skill-building opportunities for you to best connect with individuals who have experienced GRIEF.
- Discuss what follow-up, recovery and self-care look like.
- Allow you to explore how to be a solid ally and build a solidarity network.

**Space is limited, register today!**