



2021
EMPLOYEE WELLNESS BROCHURE

Supporting employee wellness at MRU.

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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 provide comprehensive services and programs to support campus members' physical, mental, and sexual health. Through our website you can also sign-up to receive periodic emails with updates from our department.

CONTACT INFORMATION

- » 403.440.8877
- » mru.ca/wellness
- » Wellness Services - U216
- » @MRULiveWell

MRU INJURY & PREVENTION CLINIC

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 the MRU Injury & Prevention Clinic where a full complement of health care professionals offer chiropractic, athletic therapy, physiotherapy, massage therapy, acupuncture, and custom orthotics.

Conveniently located on-campus in Wellness Services, the MRU Injury & Prevention Clinic provides wellness services to employees and their families. We direct bill for services to Sun Life and other extended benefit plans.

CONTACT INFORMATION

- » 403.440.6917
- » mruclinic@mtroyal.ca
- » mruclinic.ca
- » Wellness Services - U216

HOURS OF OPERATION

- » Monday to Friday: 8 a.m. - 8 p.m.
- » Saturday: 9 a.m. - 2 p.m.

STUDENT COUNSELLING SERVICES

SERVICE OFFERING

Is a student presenting with concerning behaviour and you're not sure how to respond? Student Counselling Services offers:

- » Consultation to departments and employees for how to respond to students' situational, emotional, or behavioural challenges.
- » Workshops for faculty and staff about responding to students in distress.
- » Guest lectures and classroom presentations (see [Workshops by Request](#) on our website).
- » Support for employees during times of crisis by providing consultations, connecting employees with MRU's EFAP, and bridging employees to community services.

CONTACT INFORMATION

- » 403.440.6362
- » counselling@mtroyal.ca
- » mru.ca/counselling
- » Wellness Services - U216

HEALTH SERVICES

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

- » 403.440.6326
- » mru.ca/HealthServices
- » Wellness Services - U216

HOURS OF OPERATION

- » Monday to Thursday: 8 a.m. - 5 p.m.
- » Friday: 8 a.m. - 4 p.m.
- » July & August 8:30 a.m. - 4 p.m.; closed Noon - 1 p.m.

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

- » 403.440.6869
- » mru.ca/HealthyCampus
- » I151

MENTAL HEALTH

SERVICE OFFERING

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

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

CONTACT INFORMATION

» mru.ca/MentalHealth

DATING, DOMESTIC & SEXUAL VIOLENCE RESPONSE & AWARENESS

SERVICE OFFERING

The Dating, Domestic & Sexual Violence Support Advocate is a confidential support for students, staff and faculty at Mount Royal University who have been victimized by dating, domestic, and sexual violence both recently and/or historically.

An advocate can help you with:

- » Support and information about resources on and off-campus
- » Academic and Workplace Accommodations
- » Reporting Options
- » Initiating a Report to MRU and support throughout the process
- » Safety Plans
- » Self-Care Strategies

Various workshops and awareness initiatives are also available and are listed on the website.

ACCESSING A RESPONSE ADVOCATE:

- » 403.440.5623
- » sexualviolence@mtroyal.ca
- » Book an appointment: mru.ca/SexualViolence
- » Wellness Services - U216

INTERFAITH CENTRE

SERVICE OFFERING

Chaplains at MRU advance interfaith dialogue, foster a community of belonging and, with our team of chaplains representing a variety of faith traditions, support religious and spiritual life on campus.

CONTACT INFORMATION

- » mru.ca/interfaith
- » Office and Drop-in Centre - I143
- » Meditation Centre – W201

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!

You can also show your MRU spirit by cheering on the Cougars at a home game in the Recreation Center! MRU has eight teams that compete in basketball, hockey, soccer, and volleyball in the Canada West division of U SPORTS.

As an MRU employee (MRSA, MRFA or Management Exempt) you automatically have complimentary access to all of Recreation's facilities and MRU Cougars games!

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

CONTACT INFORMATION

- » 403.440.6517
- » mrucougars.com
- » Customer Service Centre (U130)
- » @mrurecreation | @mrucougars

FACULTY OF CONTINUING EDUCATION

SERVICE OFFERING

Can you imagine participating in lifelong learning at no cost to you? At Mount Royal you can! Employees can register free of charge in any approved Continuing Education (CE) course. Check with the CE programming team for a list of eligible courses and 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

- » 403.440.6875
- » mru.ca/conted
- » EC 3100

HUMAN RESOURCES

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. From offering benefits coverage, ability management support, employee well-being resources, environmental health and safety services, and professional development opportunities, the HR professionals at MRU are available to assist all employees.

CONTACT INFORMATION

» mru.ca/HR

GROUP BENEFITS

SERVICE OFFERING

MRU offers a number of group benefits programs to eligible employees, including:

- » Extended Health
- » Dental
- » Health and Personal Spending Accounts
- » Life Insurance
- » Accidental Death and Dismemberment coverage

Also offered are:

- » Critical Illness
- » Optional Life insurance
- » Optional Accidental Death and Dismemberment

Please consult our website for details on the plans.

CONTACT INFORMATION

- » 403.440.5911
- » benefits@mtroyal.ca
- » mru.ca/benefits
- » Human Resources – E231

ABILITY MANAGEMENT

SERVICE OFFERING

Ability Management, within the Department of Human Resources, supports employees who may become ill or injured and require access to short or long term disability, return to work planning, and workplace accommodations for chronic conditions.

Please consult our website for information related to leaves and related support programs.

CONTACT INFORMATION

- » 403.440.8573
- » abilitymanagement@mtroyal.ca
- » mru.ca/EmployeeWellbeing
- » Human Resources – E231

EMPLOYEE WELL-BEING

SERVICE OFFERING

Human Resources is able to connect employees with a variety of services, resources and programs that support the well-being of employees and encourage a healthy, productive workplace.

There are many aspects of life and work that affect a person's psychological health and safety, both at home and at work. Mount Royal employees have several resources available that promote employee mental health.

Employee & Family Assistance Program offers confidential services to support employees through adversity.

Homeweb Member Services is an innovative online platform that offers members access to personalized health and wellness tools, resources, and support when needed - anywhere, anytime. Find out more at homeweb.ca.

CONTACT INFORMATION

- » mru.ca/EmployeeWellbeing
- » Human Resources – E231

HOMEWOOD HEALTH (EFAP)

- » 1.800.663.1142 available 24 hours/day

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

- » 403.440.6038
- » EHS@mtroyal.ca
- » mru.ca/ehs
- » N275

EMPLOYEE DEVELOPMENT

SERVICE OFFERING

MRU supports and promotes professional development for all employees. The Employee Training portal ([MyMRU > Employee tab > Employee Training](#)) regularly offers learning opportunities that may be relevant to your development. Visit the Employee Training portal to learn about, and register for upcoming learning opportunities.

There are a number of professional development funding options available to all employees through MRSA, MRFA and HR. We would highly recommend that you work with your leader to develop a professional development plan to ensure alignment to MRU's strategy.

CONTACT INFORMATION

- » 403.440.6584
- » prodev@mtroyal.ca
- » 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

- » 403.685.3210
- » dentalchoice.ca
- » Wyckham House - Z006 (Lower Level)

PHARMACY

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

- » 403.720.3784
- » wyckhampharmacy.com
- » Wyckham House – Z004 (Lower Level)

OPTOMETRIST

SERVICE OFFERING

Visit our welcoming and talented doctors and staff who will set you at ease in our new optical lounge located in the Wyckham House Basement (next to Dental Choice). We're proud to be among the most affordable eye care providers in the city. We also offer direct billing for all employee benefits plans to make your life just a little easier. See our website for coverage rates.

CONTACT INFORMATION

- » 403.764.4825 (call)
- » 587.907.5700 (text)
- » oldst.ca
- » Wyckham House – Z007 (Lower Level)