

CLS

CATERING SERVICES LTD.

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Date: February 1, 2021
To: All YVR employees with benefits
Subject: HumanaCare (Employee Family Assistance Program)
From: Gareth Lycett, Head of Canada Market

CLS Catering Services Ltd. is pleased to announce that effective today, HumanaCare is our new Employee Family Assistance Program (EFAP). This program is available free of charge to all employees currently on the Canada Life benefits program.

CLS Catering Services Ltd. recognizes that personal difficulties may adversely affect our employees, their performance at work and their health or personal relationships. Some of these difficulties may include:

- Substance Abuse
- Stress and Anxiety
- Depression
- Family and Parenting
- Healthcare Navigation
- Bereavement
- Legal and Financial
- Marital/Relationships
- Anger Management
- Diet and Nutrition
- Self Esteem
- Career and Vocational
- Harassment
- Work-Related Stress

To promote employee and workplace wellness, all employees and managers are encouraged to voluntarily contact the EFAP provider if they feel they are struggling. The EFAP service provides access to professional consultation, short-term counselling and other services via the telephone or the internet. These services are accessible 24 hours a day and are completely confidential.

To utilize the EFAP program, please contact 1.800.661.8193 or www.humanacare.com

Please remember this is a completely confidential service and that the use of the EFAP program is voluntary.

If you have any questions, please do not hesitate to contact a member of the Human Resources department.



Gareth

**Please note that any employees engaged in Aroon Shah & Associates services prior to February 1, 2021 will continue to receive services under the terms of the arrangement.*

