

# E-Learning Courses



If you like to learn on your own time, in your own way, then our e-courses are for you. Homewood Health offers a variety of courses that focus on health and wellness, life skills, and work-related people management concerns. All content is based on current, best-practice research and include printable information, quizzes, and practical exercises. The best part is that you can access courses from anywhere 24/7.

## Learn new skills where and when it suits you!

- **Can't resolve a conflict with someone?** We have an e-course in conflict resolution that will help you work out your issues.
- **Not sure if you have a substance use problem?** We have an e-course that will help you self-assess and decide if you should seek professional help.
- **Feeling a little negative lately?** Try our e-course on optimistic thinking and see if you can pick up your spirits.
- **Blowing up over minor issues?** Perhaps you need to take our course in managing anger and might like to try our course on managing stress.

**ENROLL  
NOW!**

Enrollment may be covered by your benefit plan/Homewood Health employee assistance services. Our website will help you determine this. To learn more, visit Member Services at [www.homewoodhealth.com](http://www.homewoodhealth.com).

## E-Learning Courses

### **One click is all it takes to get started**

E-Learning courses empower you with the information you need to better manage your personal health and expand work-related skills all on your own time. We make it simple to get started and guide you step-by-step:

1. Visit the Homewood Health website ([www.homewoodhealth.com](http://www.homewoodhealth.com)) and follow the links to the Member Services area. If you are a first time visitor to Member Services, follow the online instructions for registering, and access the courses available to you. If you are a returning user, log in as usual and follow the instructions to access the courses.
2. Review the list of courses and click on the one you would like to take.
3. Check back regularly as we add new courses each year.

**If you ever feel overwhelmed or stressed out by the challenges you face, we can easily arrange counselling (face-to-face, over the phone, or through the Internet).**



**E-Learning courses allow you to learn at your own pace, on your own schedule!**

