

Aware™ Mindfulness Program



Answers to frequently asked questions

What is Aware?

Aware is a mindfulness program. It can help you feel more peaceful by teaching you how to focus on the present moment, let go of negative thoughts, and calm both your mind and body.

Mindfulness skills can help you deal with stress more effectively and remain productive at home and at work. The Aware mindfulness program is included in your AssistNow EAP delivered by Aspira. There is no additional cost to you.

How do I know if Aware is right for me?

Are you concerned that you spend too much time worrying about the future, revisiting the past, daydreaming, or thinking negative thoughts? This can be exhausting and make you more likely to experience mental health problems like stress and anxiety. To explore the benefits of mindfulness, contact Aspira. One of the counsellors will talk with you about your situation and help you decide if the program is a good fit. They can also talk to you about other mental health benefits that may help. Ready to explore? Call 1877 234-5327.

How does it work?

An Aware specialist will guide you step-by-step, and help you learn the skills you need to reduce

stress, emphasize the present, and increase your overall well-being. You will enjoy:

- Six telephone sessions with an Aware specialist
- Mindfulness exercises in each session
- A plan tailored to your needs
- Online resources such as a journal, guided exercises, and a resource guide

What qualifications do Aware specialists have?

Aware specialists are certified coaches. They also have a Master's degree in a relevant health field, such as psychology and social work.

Is there a charge to use the Aware program?

Aware is included in your AssistNow EAP delivered by Aspira, at no additional cost to you.

Is information shared with my employer?

As with all EAP services, the Aware mindfulness program is 100% confidential. Aspira does not report any personal information to your employer.

How do I contact Aware?

Ready to get started? Call 1 877 234-5327.



For more information, please contact our customer service team at 1 800 267-0215 or by email at group.csu@empire.ca

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