

CFC CARE FOR CONSTRUCTION

WE ARE

We're a team of mental health and wellbeing providers with lived experience in the industries we serve and **a mission to provide smart wellbeing solutions for the burnout-prone workforce.**

WE SERVE

- Construction, Mining, Manufacturing
- Public Safety and Emergency Response
- Public Transport and Aviation
- Parks, Forestry, Agriculture, Fishing
- Healthcare and Education
- Tech and Executive Leadership

We support industries at statistically higher risk for struggles with burnout, substance abuse, stress, depression, anxiety, PTSD, and thoughts of suicide. **We help the hardworking, wellbeing harder.**



work hard
wellbeing
harder

OUR COMMITMENT

EXCELLENCE in prevention, awareness, and postvention services to support total wellbeing for your workforce.

CONFIDENTIALITY as third-party care providers.

SAFETY and Risk Management through the physical and psychological lens.

AWARENESS of wellbeing in workflow.

AWESOMENESS in all that we do.

OUR APPROACH

ASSESS your organizational objectives, challenges, and strengths.

DESIGN a program of services to fill gaps in care while promoting use of already existing resources.

IMPLEMENT in stages and with the support of your workforce wellbeing champions.

SUSTAIN the ongoing success of your WellbeingWorks program through continuous partnership, development, services, and review.

There is nothing plug-and-play about what we do.

OUR CONTACT

KARI EVANS

Co-Founder and Executive Director

Workforce Wellbeing Provider

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OUR SERVICES



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OUR SERVICES

TRAININGS

Mental Health First Aid

Stress First Aid

QPR Question Persuade Refer

CISM Critical Incident Stress Management

ALLY SUPPORT

Breaking Ground

Recovery and Resilience Focused peer/ally groups hosted in virtual meeting rooms.

Courage Calls

Providing confidential third-party mental health and wellbeing support. Working in tandem with your teams to support protocol and use of resources.



WELLBEING FIELD DAYS

Topic-driven, on-site engagement days geared to your workforce and workflow. Boots on the ground and built to engage through a mix of Safety Meeting Speakers, Wellbeing Walks, Trainings, Workshops, Lunch Events and Drop-In Talks.

Recovery Readiness Series

Engaging your talent in the What, Why, and How of a Recovery Ready Workforce. Addressing topics of Substance Use, Mental Health, and Suicide Prevention Awareness. Facilitated by high-caliber professionals with lived experience and a knack for engaging the trades. Helping to build a Recovery Ready culture!

Resilience and Self-Care Series

Offering tools for self-regulation, stress management and self-care; coping with grief, loss, burnout, uncertainty, and the assorted stressors of work and life; acute and post-vention services as needed.

PIT STOPS

A Pit Stop is a safe place for construction industry workers to go for a quick reset and recharge, typically on break or before/after shift. These rooms or trailers are equipped with access to wellbeing resources, a comfortable place to sit, WiFi, beverages, community spaces, and private cool-down places.