

Return to Work Program

For employees returning to work after a concussion/brain injury

1 Return to Work Online Learning Program

In this self-paced eLearning, participants will...

- Explore concussion/brain injury symptoms and their potential impact on the return to work process
- Develop skills and strategies to cope with the physical, cognitive and emotional effects of concussion/brain injury
- Expand their knowledge about the return to work process and assess their readiness to return to work

Modules Include:

Overview of
Concussion/Brain
Injury

Coping with
Physical and
Cognitive
Symptoms

Sleep, Diet and
Movement

Emotional Health
and Mental
Well-Being

Returning to Work

2 Enhanced Support Services

A collaborative program for employees and their employers. Employees can access support from a Registered Occupational Therapist and a Registered Social Worker. Employers can access online training and additional supports.

Support is available for up to 6 months.

Available now, at NO COST!

