

# Working from home without access to the departmental network?

**Have no fear,  
eLearning@ESDC is here!**

A variety of eLearning options are available to help you take care of your mental health and well-being in these challenging times.



**NEW** learning recommendations every week!

COLLEGE@ESDC  
**EXPLORE | LEARN | DO**

## eLearning@ESDC

In a time of rapid and unpredictable change, you can count on your weekly eLearning@ESDC weekly newsletter to connect you with meaningful and relevant learning options.

Navigating an entirely new way of working - even if it is only temporary - and adapting to abrupt changes can be a challenging and maybe even stressful situation. To help support ESDC employees through this difficult time, this week's edition of eLearning@ESDC highlights Mental Health and Workplace Well-Being.

While we strive to continue to serve Canadians as best we can, it is important to take time to take care of ourselves, too. It's okay to not feel okay - we are all in this together! Have a discussion with your manager and take a look at the recommended eLearning activities below.

## DID YOU KNOW?



**You can reset your GCcampus password yourself!**

Have you forgotten your GCcampus username or password? Don't worry! You can easily reset your password online in just a few easy steps; watch this [short video](#) to find out how.



**Make sure your ESDC mandatory training is marked COMPLETE by following these simple steps:**

1. Visit all pages in each of your courses.
2. Open all hyperlinks and play all media (e.g. play the entire video), even if you are outside the network.
3. Use the CLOSE button on the Saba player window, instead of your browser's close button.

## THIS WEEK'S TOP 5



**Check out this week's top 5 Mental Health and Workplace Well-Being eLearning recommendations:**

1. [Mental Health - An introduction to the Employee Assistance Program \(EAP\)](#) (ID: 00003963)
2. [Health and Wellness Strategies \(Z042\)](#)
3. [Staying Balanced in a Shifting World \(W013\)](#)
4. [LifeSpeak Mental Health Tools and Resources](#) (Access through Group Account using password: canada)
5. Infographic: [Taking care of your mental health \(COVID-19\)](#)

## LOOKING FOR MORE LEARNING?

As confirmed last week, Second Official Language learning remains available to all ESDC employees!

[Register online](#) for "Pour l'amour de français" or "For the love of English" to continue to improve or maintain your Second Official Language skills. These online self-study programs are available to all ESDC employees and can be accessed from outside the departmental network. Have more questions? Visit our [FAQs page](#).

You can also log in to [GCcampus](#) to explore a variety of learning and training offerings, including online required training and self-paced [language maintenance tools](#).

## GUESS WHAT?



**Saba processed nearly 900 tickets for password resets and account creations in the last 3 days!**

Have you forgotten your username or password? Do you need to have a Saba account created for a new employee? No problem! Simply contact [NC-SIGA-SABA-APPRENTISSAGE-ILMS-SABA-LEARNING-GD](#) from your personal email address with the following information:

- your first and last name
- government email address
- the name of your manager or team leader in Saba (if known)

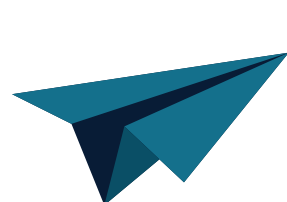
\*Request volume is higher than usual. Please be patient as your ticket is processed.

### On a Personal Note...

The College@ESDC is committed to providing you with meaningful learning options to support you during this period of change and uncertainty. Learning is a powerful tool that can rescue us from our current reality - if only for a short time - by connecting us virtually, triggering inspiration and reflection, and helping us to maintain and build the skills we need to keep serving Canadians.



We hope you enjoy this week's learning recommendations and read next week's edition. And remember, have no fear - eLearning@ESDC is here!



If you have any questions, the best way to reach the College@ESDC is to send an email to the [College GD Mailbox](#).