

UNIFOR LOCAL 199 - GM Unit

LAYOFF RESOURCES

January 2024

Contact and resource information
that may be useful during layoff

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Local199 | Canada

UNIFOR LOCAL 199

Union Hall

Address:

124 Bunting Rd.
St Catharines,
ON L2P 3G5

Phone: 905-682-2611

Admin email: admin@unifor199.org

Website: unifor199.org

President

Jordan Lennox

president@unifor199.org
t. 905-682-2611 ext 225
c. 905-686-6382

Vice President

Mike Winterbottom

winterbottom.mike@gmail.com
t. 905-682-2611



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Financial Secretary

Steve McMullen

financialsecretary@unifor199.org
t. 905-682-2611 ext 227
c. 905-964-6285

General Motors Unit

GM Unit Facebook Group

Stay connected! The GM Unit Facebook group is a great place to receive up to date information. Search "Unifor Local 199 GM Unit" and submit a request to join. This private group is for current GM St Catharines hourly employees only.

GM Unit Shop Committee and Benefit Representatives

Union representatives from GM who may be able to assist you during a layoff include:

Chairperson

Trevor Longpre

trevor.longpre@gm.com
t. 905-641-6035
c. 905-658-7034

Zone 2 Committeeperson

Tony Verde

anthony.verde@gm.com
t. 905-641-6034
c. 289-228-6687

Skilled Trades Committeeperson

Stan Kuczma

stan.kuczma@gm.com
t. 905-641-6032
c. 289-228-3712

Zone 3 Committeeperson

Scott Little

scott.little@gm.com
t. 905-641-6033
c. 289-228-6947

SUB/EI Representative

Vincent Filice

vincent.filice@gm.com
t. 905-641-6419
c. 905-658-7781

Benefits Representative

Lawrence Robson

lawrence.robson@gm.com
t. 905-641-6444
c. 905-658-7952

Employment Equity Representatives/Union Counsellors

Alex Latham

alex.latham@gm.com
t. 905-641-6560
c. 289-696-6884

Jessica McCourt

jessica.mccourt@gm.com
t. 905-641-6559
c. 289-228-5967 (Women's Advocate)

GM ST CATHARINES EMPLOYEE RESOURCES

General Motors St. Catharines Propulsion Plant

Address:
570 Glendale Avenue
St. Catharines, ON
L2P 0B2

Plant Phone Number: 905-641-6424
Website: gmstcatharines.ca
GM St Catharines Facebook Group:
gmstcatharines

Employee Resources

Workday

workday.gm.com

Perform HR related tasks such as update personal contact info & emergency contacts, update bank deposit information (new bank or new account), requesting leaves of absence (parental or sick leave, etc.) Access ADP to view payslips and T4s.

To access Workday you need your GMID. If you forgot your GMID, go to gmid.gm.com If you need assistance with issues related to Workday, contact the Global Shared Service Centre (details below)

Green Shield Canada

greenshield.ca 1-888-711-1119

Health Care Benefits (claims and coverage)

GM Canada Benefits Centre

gmcanadabenefits.com 1-877-442-4625

Enrollment/Terminations, Increase/ Decrease Level of Insurance coverage, add remove dependents, forms (e.g. Tuition), beneficiary changes, taxable benefit info, initiate DB retirement

GMNA Shared Service Centre

gmnapeopleservices.us@gm.com 1-800-930-9130

Support for issues related to:

- Payroll/ADP
- Letter of Employment
- Leave of Absence
- Workday
- Benefits
- GMID

Canada Life

mycanadalifeatwork.com 1-800-724-3402

Access Defined Contribution Pension Plan (DCPP) and Savings Plan. Check account details, change investment options and beneficiaries

GM Family First

gmfamilyfirst.ca

Employees and eligible family members can purchase or lease select new GM vehicles at Employee Discount Price, a special discounted price below the MSRP. Request an authorization number for use in purchasing a vehicle or tag a GM owned vehicle

EMPLOYMENT INSURANCE (EI) & SUPPLEMENTAL UNEMPLOYMENT BENEFIT(SUB)

Contact

UNIFOR SUB/EI Representative

Vincent Filice

Alternate: Adam Nie

vincent.filice@gm.com

In-plant **905-641-6419** - Monday to Friday 6AM-2PM

Cell **905-658-7781** - Call/text 7 days a week

If you have any questions related to EI or SUB, have issues applying for EI, completing your reports, or think you have made a mistake, contact your SUB/EI Representative. Vincent is available to work through this process with you and help resolve any issues you may encounter.

Service Canada

1-800-206-7218 Monday to Friday 8:30AM– 4:30PM

EI benefits website for application and filing reports: canada.ca/en/services/benefits/ei.html

TELEDOC (filing reports over the phone): **1-800-531-7555**

EI and SUB Information & Guidelines

For the most recent updates and information on Employment Insurance(EI), Supplemental Unemployment Benefits(SUB) and Governmental Leaves(ie Maternity, Parental, Caregiver), members should head to the Unifor Local 199 Website unifor.org Under the GM tab click "SUB & EI" or directly [here](#).

Guidelines and info sheets available online and in each clockhouse include:

- [EI Application Guideline](#)
- [EI Reporting Guideline](#)
- [Supplemental Unemployment Benefits - SUB - Frequently Asked Questions](#)
- [SUB Seniority Entitlement Chart](#)

****Before beginning an application or filing a report, please review the guidelines****

If you have questions, issues applying for EI, completing your reports, or think you have made a mistake, contact the SUB/EI Representative

GM BENEFITS

Contact

UNIFOR Benefit Representative

Lawrence Robson

lawrence.robson@gm.com

In-plant: **905-641-6444** - Monday - Friday 630AM - 230PM

Cell: **905-658-7952**

Available at the Union Hall on Tuesdays and Thursdays 10AM – 12AM

Alternate: **Bronwyn Bowslaugh**

If you have any questions related to benefits, contact Benefit Representative Lawrence. Topics may include:

- Health Care Coverages
 - ie. prescription, dental, vision, hearing, physiotherapy, chiropractor, massage, mental health counselling, foot care, medical supplies & equipment, ambulance, and more.
- Sick & Accident Insurance (S&A)
- Tuition Assistance
- Life Insurance
- Adding/changing of beneficiary or dependents
- Out-of-Province Insurance
- Legal Services
- Pensions

For the most recent updates and information on Benefits, members should head to the Unifor Local 199 website unifor.org Under the GM tab click “Benefits GM” or directly [here](#)

GM Canada Benefits Centre

1-877-442-4625 gmcanadabenefits.com

Green Shield Canada

1-888-711-1119 greenshield.ca

****Confirm eligibility BEFORE using benefits during layoff****

Healthcare coverage continuance and eligibility during lay off is determined by SUB Entitlement and Years of Seniority. This will vary from member to member.

To avoid unexpected fees, confirm that you are eligible for the benefit you would like to use. This can be done by contacting the GM Canada Benefit Centre or your Benefit Representative, Lawrence.

For a better understanding of how Health Care coverage during a lay off works, and what to expect in the months to come, contact your Benefit Representative.

UNIFOR SUPPORT

Union Counselling

UNIFOR Employment Equity Representatives/Union Counsellors

Alex Latham

alex.latham@gm.com
In-plant **905-641-6560**
Cell **289-696-6884**

Jessica McCourt

jessica.mccourt@gm.com
In-plant **905-641-6559**
Cell **289-228-5967**

Union Counsellors work to assist our members and their families in accessing support programs within our community. If you are struggling or looking for info, we will make every effort to not only refer you to services, but also to help educate, support and guide you through the process. **Confidentiality is deeply respected.**

Resources and programs are available in areas such as:

- Addiction/Substance Use Disorder
- Mental Health Counselling
- Grief and Loss/Bereavement
- Stress/Anxiety/Depression
- Mindfulness
- Anger Management
- Eating Disorders/Nutrition
- Life Transitions
- Conflict
- Relationship Issues
- Separation/Divorce
- Mediation and Dispute Resolution
- Caregiver Support
- Child and Adolescent Issues
- Victim Support
- Budget Planning/Credit Counselling

Domestic/Intimate Partner Violence

UNIFOR Women's Advocate

Jessica McCourt

jessica.mccourt@gm.com
In-plant **905-641-6559** - Monday - Friday 630AM-230PM
Cell **289-228-5967** Call/Text anytime

***Both lines are confidential.
Only Jessica will answer and
have access to messages.**

If you or someone you care about is facing violence or abuse in any relationship, experiencing sexual harassment in the workplace, or needs the help of community resources, UNIFOR Women's Advocate is available to listen, support and offer help. Regardless of gender or job classification, members can seek information and advice free of judgment.

Jessica will respect your confidentiality and your right to make your own decisions.

EMPLOYEE ASSISTANCE PROGRAM

TELUS Health

TELUS Health is our Employee Assistance Program (EAP) and wellbeing resource that is available 24/7, 365 days a year. Find support with mental, financial, physical and emotional wellbeing.

Topics may include:

Life

- Retirement
- Midlife
- Student life
- Legal
- Relationships
- Disabilities
- Crisis
- Personal issues

Family

- Parenting
- Couples
- Separation/divorce
- Older relatives
- Adoption
- Death/loss
- Child care
- Education

Health

- Mental health
- Addictions
- Fitness
- Managing stress
- Nutrition
- Sleep
- Smoking cessation
- Alternative health

Work

- Time management
- Career development
- Work relationships
- Work stress
- Managing people
- Shift work
- Coping with change
- Communication

Money

- Saving
- Investing
- Budgeting
- Managing debt
- Home buying
- Renting
- Estate planning
- Bankruptcy

If you call TELUS Health, an advisor will discuss your needs and concerns with you, listen, and assess the situation. Depending on your situation, the EAP advisor may:

Work with you to make a plan to resolve your issues or concerns.

Help you navigate the EAP website for helpful resources, including articles, booklets, recordings, & more.

Refer you to an EAP counsellor for short-term support.

Guide you to resources in your community, such as a support group or helping agency.

Recommend community support for long-term counselling needs.

**TELUS Health is available to you and your family
for the duration of your layoff.**

Access TELUS Health
24/7 365 days a
year by phone,
online or download
the app.

1-877-207-8833
one.telushealth.com
TELUS Health One app

Username:
GMCanada

Password:
english

COMMUNITY RESOURCES

Mental Health & Addiction

Access Line

accesslineniagara.com 1-866-550-5205

Access Line Mental Health & Addictions telephone support is a free service for all Niagara residents over the age of 16. Call yourself or for someone you care about and you'll be connected to the appropriate mental health and addictions service.

Distress Centre Niagara

distresscentreniagara.com 905-688-3711

If you or someone you know is having thoughts of suicide, Distress Centre Niagara is a crisis line available 24/7. Calls are answered by highly skilled volunteer responders who provide emotional support, suicide and crisis prevention and intervention.

Distress Centre also offers support for more than crisis. Call about anything that is causing you to be concerned, worried or upset.

For example:

- need someone to talk to
- feeling discouraged or upset
- need help sorting things out
- family or relationship issues
- concerned about your situation
- concerned about the wellbeing of a loved one
- feeling isolated and alone
- unsure of what to do
- having a bad day
- loss of job
- grieving the loss of a loved one

988 Suicide Crisis Helpline

Call or Text 9-8-8 988.ca

Help when you need it most. If you are feeling like you have lost hope and are struggling to cope, if you are dealing with thoughts of suicide, or if you are worried about someone else, 9-8-8 is available for you. When you reach out, a trained responder will listen without judgement, provide support, understanding, suicide and crisis prevention and intervention, and can tell you about resources that will help.

CASON Community Addiction Services of Niagara

cason.ca 905-684-1183

CASON counsellors provide comprehensive support to individuals and families struggling with substance use and gambling addiction. There are a number of programs to help address these challenges. Contacting CASON will connect you with a counsellor who will work collaboratively with you to determine next steps for treatment.

Community Services

211

If you do not know where to turn when help is needed, 211 is a great place to start. 211 quickly and confidentially connects people to social, community, health and government services across the province and will help you find resources available in your area whether the Niagara Region or specific towns and cities.

Resources are available for topics such as:

- housing - food - financial support - older adults - abuse/assault - family and youth services
- community programs - government/legal - mental health/addictions

Dial 2-1-1 (Toll-Free: 1-877-330-3213, TTY: 855-405-7446)

Calls are answered 24hrs a day - 7 days a week by real people. Service is available in 150+ languages.

Text 2-1-1

Text is available Monday to Friday from 7AM to 9PM

211ontario.ca

Find community and social resources by topic by searching the 211 data base

Domestic Violence Support/Shelter

Birchway Niagara

Call or Text 905-356-5800 birchway.ca

Serving Niagara Falls, Fort Erie, Welland, Wainfleet, Port Colborne, Pelham and surrounding areas. If you need to talk to someone about the abuse you are experiencing or need help for a loved one, calling or texting the 24 hour confidential support line will connect you with trained counsellors who will listen and help you figure out your options. These may include safety planning, a shelter stay or meeting with a counsellor/support worker at their shelter in Niagara Falls, or at one of their satellite sites in Welland, Port Colborne or Fort Erie.

Gillian's Place

Call or Text 905-684-8331 gilliansplace.com

Serving St Catharines, Gillian's Place offers confidential, non-judgmental advice and support for women, non-binary individuals, and their children experiencing gender-based violence and abuse. Services include compassionate one-on-one and group counselling, emergency accommodation and transportation, safety planning, child and youth programming, violence prevention programs and education, second-stage housing, transitional housing and support, and legal advice and support. You do not need to stay at the shelter to access any of the free, confidential services.

YWCA Niagara Region

ywcaniagararegion.ca

The YWCA Niagara Region provides emergency shelter, food and assistance to women, men, gender-diverse people and families living in poverty. If you need a bed and a place to stay, the YWCA Niagara Region operates shelters in St. Catharines and Niagara Falls. They are open with advocates on duty 24 hours a day, 365 days a year. YW advocates can direct you to emergency shelters or other emergency services in the Niagara Region. Visit their website for contact info.



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Prepared January 2024 by Jessica McCourt