

WELCOME PACKAGE

FOR PARTNERS, SIGNIFICANT OTHERS, AND FAMILIES



JGC | FLUOR BC LNG JV

PRIME CONTRACTOR TO LNG CANADA

Welcome to the LNG Canada Project family. We are pleased your family member has joined us here.

At the LNG Canada Project it is our vision to be the *Safest Project on Earth*, built on the foundation of *Caring for People*. Our Safer Together culture is woven into each stage of the project and complements our commitment to never compromise on the well-being of our people, at work or at rest. We actively care and treat people with dignity and respect – it's about our people.



KITIMAT PROJECT SITE

Our site is located by the Douglas Channel on the outskirts of Kitimat, British Columbia, which is on the traditional territory of the Haisla people. The town of Kitimat was created in the early 1950s to support the building of the Alcan Aluminum smelter, now owned by Rio Tinto. Kitimat was British Columbia's first planned community designed by Clarence Stein. For more information about Kitimat, its history, people, and community, please visit <https://www.kitimat.ca/>.

The LNG Canada construction site is a joint venture to build a liquefied natural gas (LNG) export terminal to ship natural gas to Asia markets. The site will include natural gas receiving and an LNG production facility as well as a marine terminal and other supported infrastructure. To discover more about the project, please visit <https://jfvkitimat.com/>.

Interested in understanding how LNG is made? Check out this video – What is LNG? at <https://www.youtube.com/watch?v=TwQ6FWzIsRA&t=11s>

CAMP LIFE

Cedar Valley Lodge (CVL) is the onsite workforce accommodation centre where your family member will live if they are a fly in, fly out (FIFO) worker. CVL covers over 1.2 million square feet and can accommodate 4,500 team members. Your family member will have their own room with an ensuite, small fridge, and a TV. They will have access to a variety of sport and recreational facilities, laundry, a corner store, and a Starbucks®. The Wi-Fi at camp supports the ability for your family member to be in contact with you. There are two main dining rooms, a lunchroom, and a pub onsite to ensure ample supply of food and dietary choices for everyone. If you wish to send a package or letter to your family member when they are staying at CVL, you can use the following address: P.O. Box 180 Kitimat, British Columbia V8C 2G7. Just a reminder that due to Kitimat's location, mail can take some time to reach here. It takes about 4 days from Vancouver and 9 days from Toronto for regular postal service.



MIND YOUR HEALTH WEBSITE

For a wealth of information on general wellness, support services, and mental health, visit the MIND your Health website at <http://www.ifjvkitimat.com/mind-your-health>. This site offers a variety of resources, including links to support services, information, and tools. We encourage everyone to take some time to explore it. You will find valuable insights on health and relationships, tips for long-distance couples, stress management, skills for managing negative thoughts and making connections, and much more!



EMPLOYEE ASSISTANCE PROGRAMS

Many companies and unions on the LNG Canada Project have Employee Assistance Programs (EAPs) available to their staff and their families. EAPs can provide access to counselling and support for many concerns that you and your family may be experiencing. Some EAPs provide links to other resources and information including financial planning, legal assistance, and many other supports. Be sure to ask about EAP options that may be available to you and your family through your family member's employer.

CRISIS LINES

At times in our lives, we may struggle and not know where to turn. Crisis lines are available to call whether you are in crisis or just need someone to listen and talk to.

CANADA	
National Crisis Hotline	9.8.8
Suicide Support Line	1.800.SUICIDE (1.800.784.2433)
Kids Help Line	For those under age 29, Kids Help Line: 1.800.668.6868 or text CONNECT to 686868, available 24 hours a day.
UNITED STATES	
National Crisis and Suicide Hotline	9.8.8
Crisis Text Line	Text HOME to 741741
Children and Youth Hotline	1.800.448.3000, Teen line: 1.800.852.8336

FAMILY WELLNESS RESOURCES

Consider the work/life balance you as a family wish to have. Finding time for relationships, family, friends, self-care, and all those other demands and responsibilities can be stressful for everyone. Please visit www.ifjvkitimat.com/mind-your-health for more specific information on:

- ▶ Maintaining healthy relationships
- ▶ Transitioning to and from worksite to home
- ▶ Unhealthy coping strategies
- ▶ Camp life and communal living
- ▶ Suicide prevention in the workplace

LOCALS

If you are a local family, some of this information may not be relevant for you; however, the long hours and travel times will have some impact on your family.

In British Columbia there are some great options to access mental health information and assistance. You can call 211 or visit the www.bc.211.ca to locate resources in your area. The general provincial information line is 310.6789 (no need to dial an area code), and it can connect you with crisis services as well as a source of resource information.

FLY IN FLY OUT FAMILY

Being a FIFO family can bring rewards, but there are many challenges. Research shows that FIFO families face increased risks to mental wellness and increased feelings of loneliness. FIFO families may struggle to balance the demands of work, household, and family while a partner is away and let's not forget the impact on children if you have them.





MIND

your HEALTH

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