

# YOUR EMPLOYEE AND FAMILY ASSISTANCE PROGRAM (EFAP)

Achieving your health and wellness goals just got easier



**COUNSELLING COACHING SUPPORT**



## CHOICES

### COUNSELLING THAT'S CONVENIENT FOR YOU

Counselling is available in person, by telephone, or online. There is no cost to you. Offices are local and appointments are made quickly, with your convenience in mind. Have a preference for location, gender, appointment time? We'll do our best to accommodate your preferences.

## PROFESSIONAL

### WE GUARANTEE YOUR CONFIDENTIALITY

We are Homewood Human Solutions™ — a trusted Canadian company with more than 30 years experience delivering the best possible support for clients like you. Everyone is guaranteed confidentiality within the limits of the law. You won't be identified to anybody—including your employer.

### CONTACT US 24/7

**1.800.663.1142**

Numéro sans frais – en français : **1.866.398.9505**

TTY: **1.888.384.1152**

International (Call Collect): **604.689.1717**

[www.homewoodhumansolutions.com](http://www.homewoodhumansolutions.com)

*Language translation available during service set-up at in-take.*

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CONFIDENTIAL AND AVAILABLE ANYTIME



## COUNSELLING

### FOR ALL OF LIFE'S CHALLENGES

Your EFAP helps you take practical and effective steps to improve well-being and be the best you can be. Within a supportive, confidential and caring environment you can receive counselling for any challenge.

### COUNSELLING



## PLAN SMART

### LIFESTYLE AND SPECIALTY COUNSELLING

You can receive counselling and coaching for a variety of life balance and health issues, or get expert support to manage your career better.

### LIFE BALANCE



Childcare and Parenting  
Elder and Family Care  
Legal  
Financial

### HEALTH



Smoking Cessation  
Weight Management  
Nutrition

### CAREER



Career Planning  
Workplace Issues  
Pre-Retirement  
Shift Work

## ONLINE RESOURCES

### THE RIGHT INFORMATION AT THE RIGHT TIME

Access our Member website anytime for e-Learning, interactive tools, health and wellness assessments, and a library of health, life balance, and workplace articles.