

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

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



**Marital · Family · Relationships
Anxiety · Depression · Addictions · Stress
Life transitions/change · Other personal issues**

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.