



Employee & Family Wellness Program

For predictable life events or unforeseen crises, PPC offers a flexible range of support services designed to help employees & their immediate family members cope in the most proactive and positive ways possible.

A flexible, multi-faceted approach to personal development, individual support and treatment.

PPC's services can be accessed in a variety of ways: online, by telephone and in-person.

Employee & Family Services	Description
Coaching & Counselling	<ul style="list-style-type: none"> Assistance with a wide range of personal, family, and work-related concerns. 24/7/365 access to service through our toll free number 1-800-663-9099. Short-term, solution-focused counselling with a Master or PhD trained counsellor. Available by telephone, in-person and e-Counselling (online).
Work-Life Services	<ul style="list-style-type: none"> Legal Advice: 45-minute free consultation with a lawyer, with reduced rates for continued services. Financial Advice: 45-minute consultation with a professional financial planner. The consultation may include a focus on pre-retirement planning tax planning, budgeting, savings, asset allocation strategies, home and major purchase review. Debt Management: 45-minute consultation with a financial coach focusing on immediate problem-solving and getting out of financial difficulty. Customized resource packages for Eldercare, Childcare and Parenting can be provided electronically or by hard-copy.
Health Management	<ul style="list-style-type: none"> Nutritional Coaching: consultation with Registered Dietitian Ramona Josephson who can assist with dietary and nutritional concerns such as: healthy eating, heart health, type II diabetes and weight loss. Smoking Cessation: access to a registered QuitCare™ counsellor who can customize effective strategies for the best chance of success.
Online Resources	<ul style="list-style-type: none"> Online Self-Help Tools: access to PPC Online, offering a wide range of educational resources, wellness articles, and self-assessment tools. <p>To access visit: www.ppconline.info username: healthy password: living</p>

Confidentiality - PPC Canada considers confidentiality and privacy paramount to the success of our programs. All services are confidential. Your workplace will not receive any information disclosing identities of those who utilize our services.



For further information of or to access the above services, please contact us at 1-800-663-9099 or info@ca.ppcworldwide.com