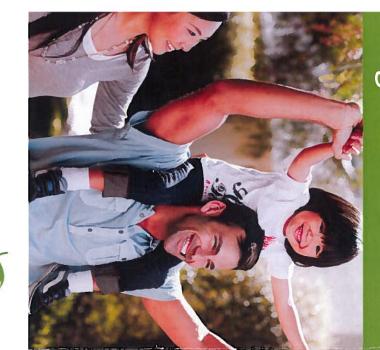


Support Counselling Coaching

wellness goals just got easier Achieving your health and

Family Assistance Your Employee and Program (EFAP)







Employee and Family Assistance Program Counselling | Coaching | Support Confidential | Available anytime

Professional

We guarantee your confidentiality

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

Choices

Counselling that's convenient for you

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

Plan Smart

Lifestyle and specialty counselling

Smart services are available by phone. expert support to manage your career better. Plan variety of life balance and health issues, or get You can receive counselling and coaching for a







Childcare and Parenting

Nutrition

- Elder and Family Care

Weight

Management

Relationships

Lifestyle

Changes

 Legal Financial

Smoking

Cessation

Please retain the card below for your records

- Career Planning
- Workplace issues
- Shift Work

Counselling

For all of life's challenges

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

Family

Depression

- Marital
- Relationships

 Grief\bereavement Life transitions\change

Other personal issues

- Addictions Anxiety

- Pre-Retirement
 - Online Resources

The right information at the right time

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

Contact Information

Contact us 24 hours a day, 7 days a week

1-800-663-1142

TTY: 1-888-384-1152 1-800-663-1142

International (Call collect):

604-689-1717

www.homewoodhealth.com

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