



Counselling  
Coaching  
Support

Achieving your health and wellness goals just got easier

# Your Employee and Family Assistance Program (EFAP)



**Homewood**  
Health | Santé

## Professional

### We guarantee your confidentiality.

We are Homewood Health™, a trusted Canadian company with years of 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.

## Choices

### Counselling that's convenient for you.

Counselling is available in person, by phone, 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.

## 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. Plan Smart services are available by phone.

#### Health



- Nutrition
- Lifestyle Changes
- Weight Management
- Smoking Cessation

#### Life Balance



- Childcare and Parenting
- Elder and Family Care
- Relationships
- Financial
- Legal

#### Career



- Career Planning
- Workplace Issues
- Pre-Retirement
- Shift Work

⬇ Please retain the card below for your records.



**1.800.663.1142**

TTY: 1.888.384.1152

International (Call collect):

604.689.1717

www.homewoodhealth.com

## Employee and Family Assistance Program

Counselling | Coaching | Support

Confidential | Available anytime

## Counselling

### For all of life's challenges

Your Employee and Family Assistance Program 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:

- Family
- Marital
- Relationships
- Addictions
- Anxiety
- Depression
- Life transitions\change
- Grief\bereavement
- Stress
- Other personal issues

## 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.

## Contact Information

Contact us 24 hours a day, 7 days a week

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