

# Looking for advice and support?



**Your Employee and Family Assistance Program (EFAP) is your link to well-being.**

## **COUNSELLING SERVICES**

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

## **LIFE SMART COACHING**

### **CAREER SMART COACHING**

Pre-Retirement Planning  
Career Coaching  
Shift Worker Support

### **LIFE BALANCE SOLUTIONS**

New Parent Support  
Childcare and Parenting  
Relationship Solutions  
Elder and Family Care  
Financial Coaching  
Legal Advisory  
Grief and Loss  
Stress Solutions

### **HEALTH SMART COACHING**

Smoking Cessation Program  
Jumpstart your Wellness  
Nutritional Coaching

## **ONLINE RESOURCES**

E-learning · Health and Wellness Assessments · Health, Life Balance, and Workplace Articles · Interactive Tools · i-Volve

Employees, family members, managers and supervisors. Advice, counselling, "how to", and coaching 24 hours a day, 7 days a week by phone, Internet or in person. All calls are confidential and private.

Call us anytime. It's your call.

**1-800-663-1142**

Numéro sans frais—en français : 1-866-398-9505 | TTY: 1-888-384-1152

International (Call Collect): 604-689-1717

**Homeweb.ca**

We are your **Employee and Family Assistance Program (EFAP)** and we are your link to well-being—personal, family, and work-related.



**Homewood**  
Health | Santé