



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, by video, 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 better manage your career. 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

## Counselling

### For all of life's challenges

Your Employee and Family Assistance Program helps you take practical and effective steps to improve your well-being and be the best you can be. We offer a supportive, confidential, and caring environment and will provide you with 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 Homeweb 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

**1.800.663.1142**

TTY: 1.888.384.1152

International (Call collect): 604.689.1717

[homeweb.ca](http://homeweb.ca)

⬇️ A tear-out wallet card is provided below.



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## Employee and Family Assistance Program

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