

Fill in the blank: _____ on the rocks



- A. My job performance is...
- B. My relationship with my family is...
- C. Both of the above.

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.

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1-800-663-1142

Numéro sans frais—en français : 1-866-398-9505 | TTY: 1-888-384-1152
International (Call Collect): 604-689-1717

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



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Worried about the sky falling?



You're just one call away from learning how to better manage anxiety or worry.

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Feeling boxed in?



With the right tools and support you can free yourself from stress. Give us a call to get started.

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Some days they're as sweet as can be.



For those other days, a little support can go a long way. For parenting tools, advice, and support give us a call.

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Some things should not be masked.



Depression and low mood can be helped. Call us to find out more.

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Whenever you need me, I will be here.



We can help you find the right care for an older family member. For your peace of mind. And theirs.

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Blending families?



We have solutions that can help smooth things out. Give us a call.

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New kid on the block?



Starting a new career can be a challenge.
We have career and life management tools
that can help you be a success.

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Trouble maintaining a balanced diet?



We have ideas that can help.
Give us a call.

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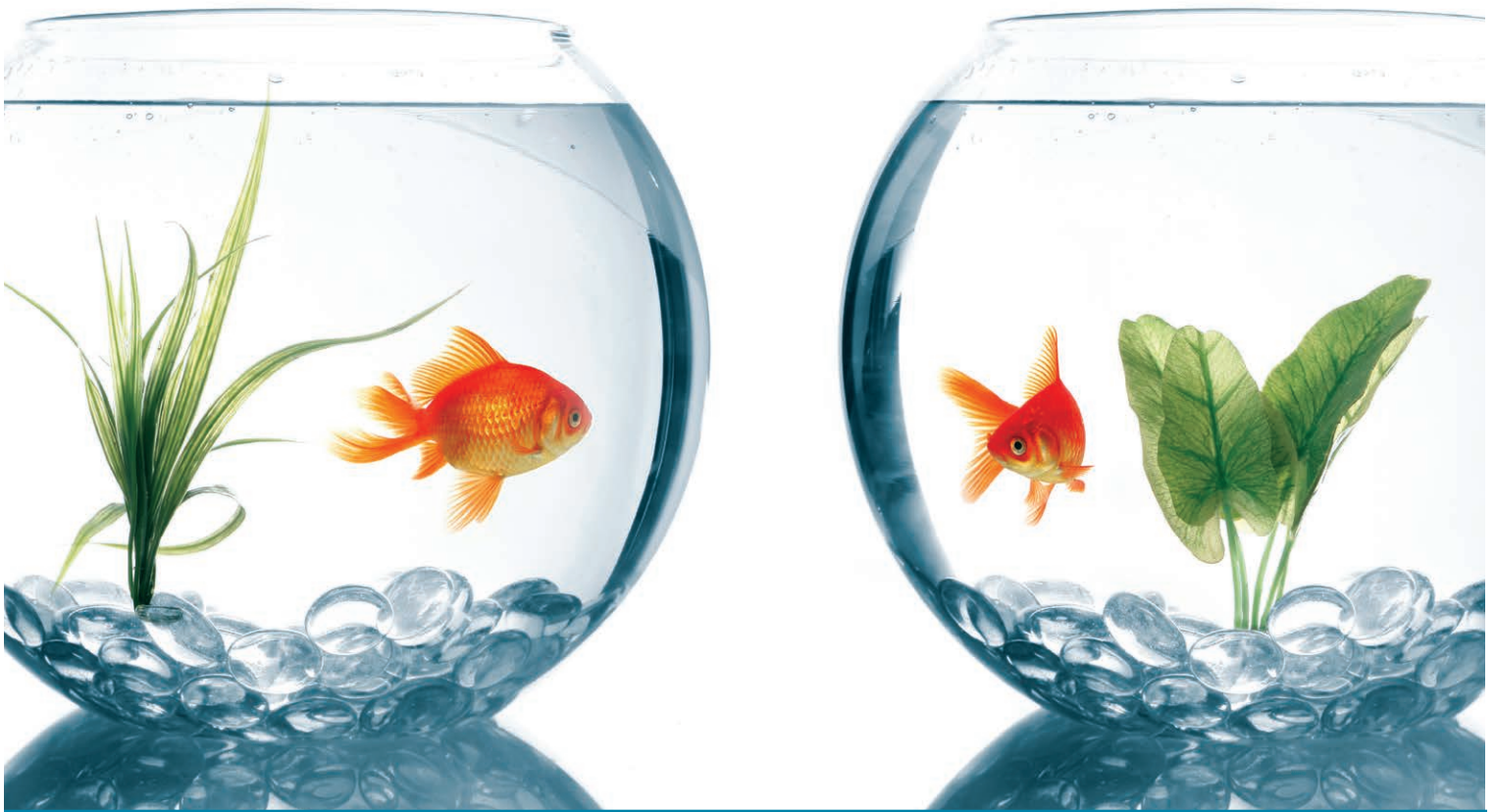
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Feel like something's come between you?



A relationship takes more than just effort.
With the right knowledge and support
you can make it work.

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Maxed out?



Good money management begins with the right knowledge. Get yours from us.

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Half full or half empty?



An optimistic attitude is one of the keys to a happy life. We can help you have it.

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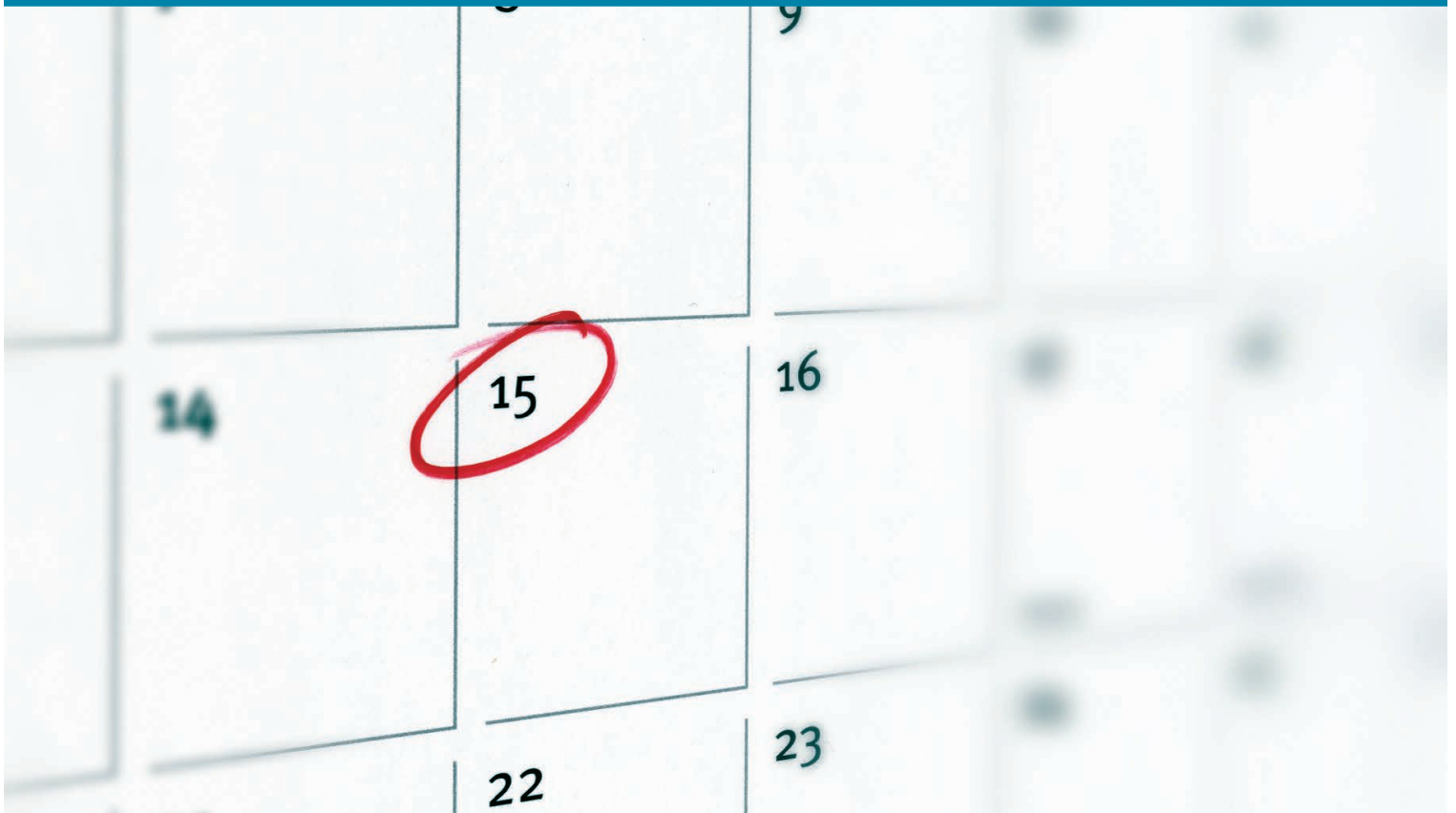
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When's the best time to start taking better care of yourself?



Today.

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Want to climb higher in your career?



With the right tools and support your
opportunities are unlimited.
We can help. Give us a call.

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Ewww!



We have many solutions to help you eat better—
and they don't have to include broccoli.
Give us a call when you want to find out more.

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Hooked?



If you decide to quit, the more you know
the better your chances of success. Give us a
call when you want to get started.

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You can spend your time searching for solutions... or you can come straight to us.



Wellness solutions online. Parenting advice, child/eldercare support, career tools, health planners, and more. Available anytime, anywhere.

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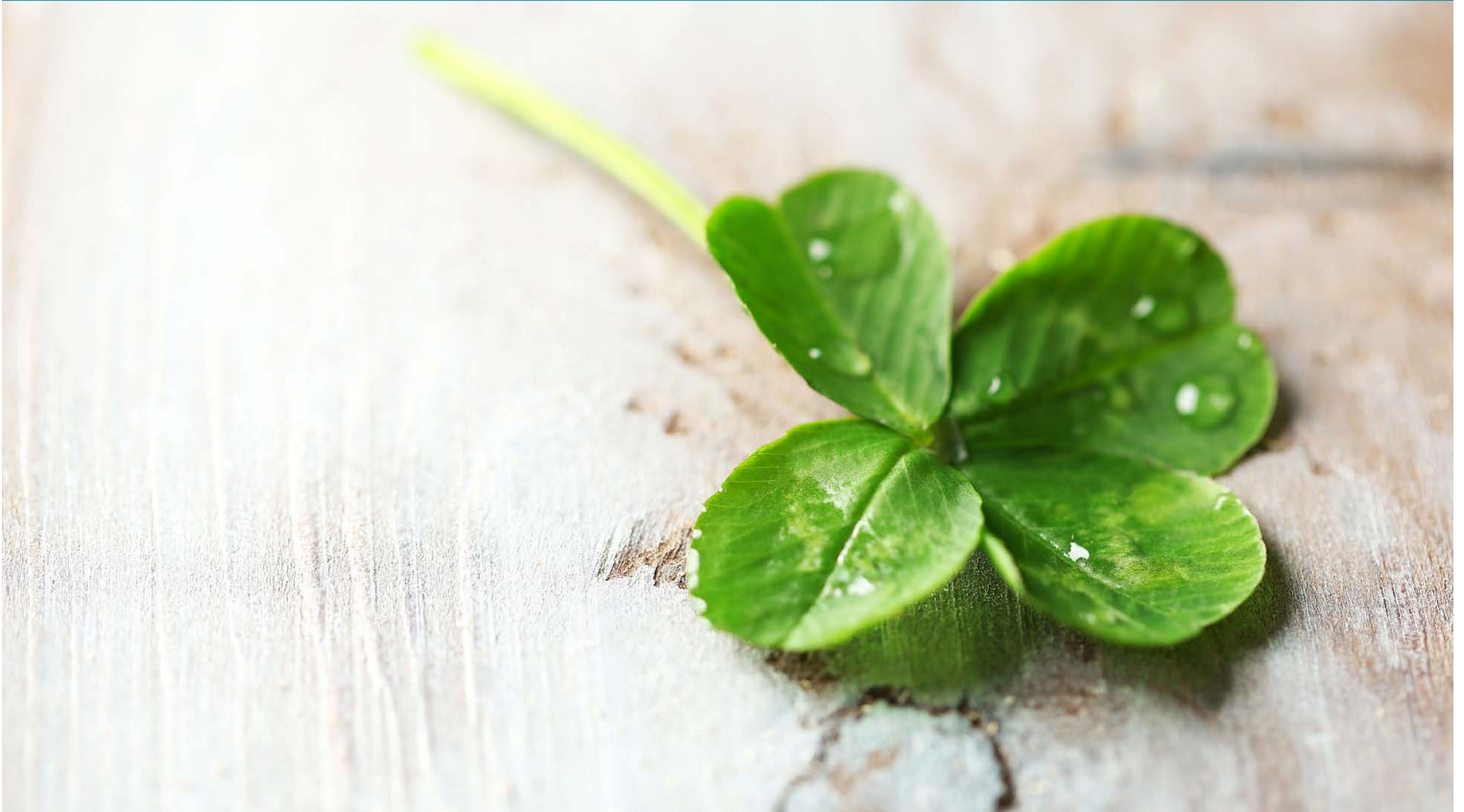
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Do you think well-being is the luck of the draw?



Think again!

Well-being is about making good choices and taking the right action. We can help. Give us a call.

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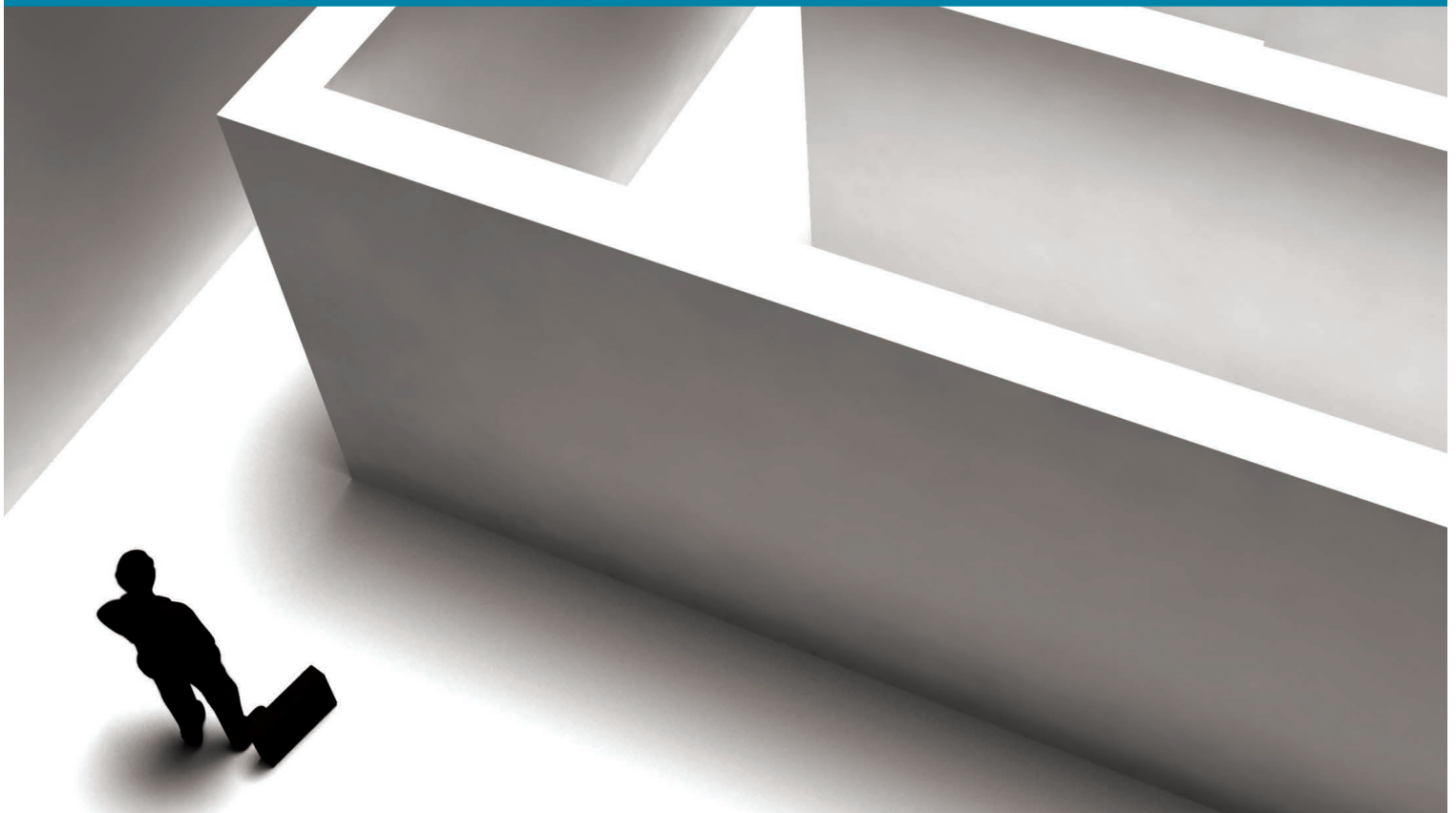
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There are a lot of choices to be made on your way to physical and emotional well-being.



**Give us a call.
We can help you choose the right path.**

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It's just a number.



What's important is that you feel good about it,
and that it's healthy for you.

With the right knowledge and support you can achieve
your goals. Call us to get started.

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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
Burnout and Stress

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 · Sentio

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Feeling sad about a recent loss?



Grief and Loss program is for those who have lost a loved one or are suffering any form of loss in their life.

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Feeling stressed?



Stress Solutions is designed to support those experiencing signs and symptoms of stress. Learn how to identify, manage and control stress in your life.

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