



Coaching
Counselling
Support

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.

Achieving your health and wellness goals just got easier

Your Employee and Family Assistance Program (EFAP)



Homewood
Health | Santé

Employee and Family Assistance Program

- Coaching
- Counselling
- Support

Confidential | Available anytime



Homewood
Health | Santé

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**
- **Depression**
- **Stress**
- **Anxiety**
- **Marital**
- **Life transitions/change**
- **Relationships**
- **Grief/bereavement**
- **Addictions**
- **Other personal issues**

Life Smart Coaching

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

Health



- Nutrition
- Lifestyle changes
- Jumpstart your Wellness
- Smoking cessation

Life balance



- Childcare and parenting
- Elder and family care
- Relationships
- Financial
- Legal
- Grief and Loss

Career



- Career planning
- Workplace issues
- Pre-retirement
- Shift work

Contact information

Contact us 24 hours a day, 7 days a week

1-866-565-4903

TTY: 1-888-384-1152

Homeweb.ca

A tear-out
wallet card is
provided below.



Online resources

The right information at the right time

Access Homeweb.ca anytime for e-Learning, interactive tools, health and wellness assessments, and a library of health, life balance and workplace articles.



1-866-565-4903

TTY: 1-888-384-1152

International (Call collect):
604-689-1717

Homeweb.ca

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