

# A New Employee and Family Assistance Program is Coming



Free, confidential support and counselling for individuals experiencing work-life challenges.

- Marital and Relationship
- Stress and Anxiety
- Depression
- Substance Abuse
- Bereavement
- Family and Parenting
- Anger Management
- Diet and Nutrition
- Self Esteem
- Work-Related Stress
- Harassment
- Legal and Financial
- Navigating the Healthcare System
- Caregiving Support

[Click here to learn more](#)



For preview of EAP services visit: <https://vimeo.com/271379399>

**1-800-661-8193** 24 hours a day anywhere in North America