

**EFAP SERVICES INCLUDED IN PROGRAM**

**COUNSELLING:**

Short term, solution focused counselling (face to face, telephonic, or e-counselling: e-mail and e-chat)

**LIFE SMART - LIFESTYLE AND SPECIALTY COACHING SERVICES:**

Life Balance Solutions to manage everyday challenges

- Childcare and Parenting/ New Parent Support
- Elder and Family Care
- Financial Consultation
- Legal Advisory
- Relationship Solutions
- Grief & Loss Support

Health Smart Coaching to be proactive with your health

- Smoking Cessation
- Jumpstart Your Wellness
- Nutritional Counselling

Career Smart Counselling to take control of career choices

- Career Planning/ Workplace Issue Counselling
- Pre-retirement Planning
- Shift Worker Support

**ONLINE SERVICES:**

- e-Learning Courses
- Health & Wellness Companion (HRA)
- Busy Family: Child and Elder Care Locators

**WEBSITE RESOURCES:**

- Employee/Member Orientation
- Health Library
- Health Risk Assessment tool
- Newsletters