



Your Employee and Family Assistance Program is a support service that can help you take the first step toward change.

## Family Support Services



### Receive support for what matters most

Your Employee and Family Assistance Program (EFAP) offers a personalized approach to helping you and your family. Through a telephonic consultation with our family support specialists or a targeted resource package, you get the answers, information and resources you need to help cope with the day-to-day or longer-term challenges associated with caregiving responsibilities.

### Find the best local solutions for your family

Our specialists will assess, identify and locate caregiving services—including provider options, location, current availability and fees—to suit your needs.

### Caregiving services we can help you find include:

- Parenting classes
- Daycare centres and after-school programs
- Schools, educational services, and special needs programs
- Adoption and multiple birth services
- Emergency home care services
- Seniors' accommodations/nursing homes
- Caregiver support groups
- Rehabilitation and home support programs
- Companion and elder care programs
- Palliative care
- Outreach and transportation services

While fees for referred services are your responsibility, many may be covered by your provincial or organizational health plan.

### Support is also available to you through targeted resource packages complete with articles and helpful tools focused on these topics:

- Planning a family
- Maternity/paternity leaves
- Parenting effectively at all ages and stages
- Building strong blended families
- Talking to older parents about their changing needs
- Understanding palliative care
- Support for older relatives with cognitive impairment
- Other family-related topics

Packages arrive to you by courier in packaging protecting your confidentiality.

## Connect with us for confidential support or to learn more

Make the right decisions for you and your family with help from your EFAP.

For immediate assistance, contact us at **1.800.387.4765** or visit [workhealthlife.com](https://workhealthlife.com).

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