



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

## Winter Communication

The holiday season is almost here, and that means finding time to shop, host, cook, and more! Before you get caught up in the hustle and bustle, take some time to consider what is important to you at this time of year. Your Employee and Family Assistance Program (EFAP) can help – use the resources below!

### Helpful reads for you this season

We've selected a few of our favourite articles to help you get prepared for a successful holiday season. You'll find tips for holiday budgeting and debt, managing stress, and keeping your relationship on track. Happy reading!

- **Tips for savvy holiday-season spending**
- **Holiday budget tips for you and your kids**
- **Mental barriers to breaking the debt cycle**
- **Holiday stress blasters**
- **Holiday relationship rescue**
- **How to stay fit during the winter months**

### Free online event! Bullying SOS: Support and strategies for parents

It's Bullying Awareness Week! Join us a free online event with parenting and mental health author, Ann Douglas, on **Thursday November 26 at 9:00 p.m. EST**. Learn more about how bullying can affect your child, red flags to look for, and how to help.

**Don't miss this event – register now**

Our Children's Support Solutions can help your child or teen with anxiety, emotions, behaviour, and much more. As an EFAP client, you can save 10% on these health and learning services to help your child or teen reach their potential.

**Learn more and access your promo code**

Children's Support Solutions is fee-for-service. Fees may be covered by extended health care benefits and/or government assistance.

### Help for holiday stress - in your pocket!

No matter where you are this holiday season, your EFAP is available to help – in your pocket on your mobile phone. With My EAP app, you have instant access to counselling, service booking, and helpful articles. Make sure to download My EAP app today for free so you can use it anytime, anywhere you need it. **See what My EAP app is all about – watch the video.**

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## What My EAP users say

- *Chat feature is great. Helped me find the right financial support tools.*
- *Counsellor was very helpful and I could chat with them at any time.*
- *App was great. A lot of information and where to get support.*

**Free My EAP app download**

## Your EFAP service toolkit for winter

This season, we recommend these EFAP services for you and your family:

- **Financial Support Services**
- **Stress Coach Connects**
- **Enhancing your Relationship**