

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

Fall Communication

We're now well into the fall season. Despite hectic schedules and new routines, this time of year provides you with an opportunity to renew commitments to a healthier lifestyle and family.

Helpful reads for you this season

To help get you started, we've selected a few of our favourite articles that address change, stress, financial wellness, and work-life balance. Happy reading!

- **Change is inevitable, growth is optional**
- **Understanding stress**
- **Health hints to ease your family into the fall season**
- **Making the most of family mealtimes**
- **Money and your mind: taking care of your finances and mental health**
- **Work-life balance: building resiliency to improve your health**
- **Halloween safety tips for parents and children**

Help your child or teen reach their potential

With your kids back at school, struggles that your child or teen is facing may become more apparent. Getting help early is key. Our Children's Support Solutions can help address a wide range of concerns, including:

- Attention and focus in the classroom
- Social skills (making friends, bullying)
- Speech (pronunciation, articulation)
- Emotions and behaviour

As an EFAP client, you, your family, and friends can save 10% on health and learning services to help your child or teen reach their potential.

Learn more and access your promo code

EFAP in your pocket

Have you downloaded My EAP app yet? If not, head to your device app store and get your free download now. My EAP provides you with mobile access to EFAP counselling, service booking, and helpful articles to read anytime, anywhere.

Download My EAP app now

Your EFAP service toolkit for fall

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

- **Family Support Services**
- **Stress Coach Connects**
- **Financial Support Services**

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