



Your Employee and Family Assistance Program

Powered by Homewood Health, your Employee and Family Assistance Program (EFAP) provides you with direct access to professional counsellors, coaching and support.

The EFAP is available through your group benefits and is extended to your spouse/partner and dependents. Available services include:



Short-term Counselling

Offered by phone, online and in person, counselling can help you take practical and effective steps to improve your wellbeing. The environment is supportive, confidential and caring provides counselling for any challenge.



Life Smart Coaching Services

Get coaching support for a variety of life and health balance issues, or get expert support to better manage your career.

Health | Life Balance | Career



Online Resources

Access Homeweb anytime for e-Learning, interactive tools, health and wellness assessments, and a library of health, life balance, and workplace articles. You can learn at your own pace with more than 20 different courses.

Contact your plan administrator to get started with your EFAP.



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