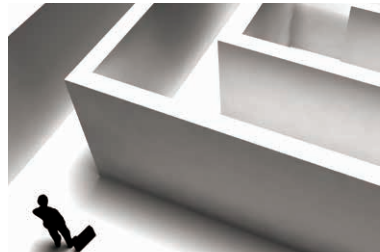
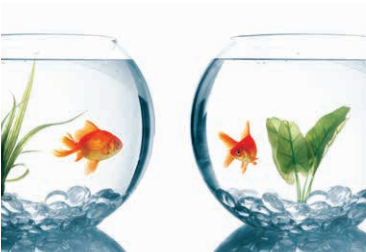




Homewood Health™

Employee and Family Assistance Program (EFAP)

# Poster Catalogue



# Poster Catalogue

Fill in the blank:  
\_\_\_\_\_ on the rocks



- A. My job performance is...
- B. My relationship with my family is...
- C. Both of the above.

Employees, family members, managers and supervisors. Advice, counselling, "how to", and coaching 24 hours a day, 7 days a week by phone, Internet or in person. All calls are confidential and private.

Call us anytime. It's your call.  
**1-800-663-1142**

Numéro sans frais—en français: 1-866-398-9505 | TTY: 1-888-384-1152  
International (Call Collect): 604-689-1717  
www.homewoodhealth.com

We are your Employee and Family Assistance Program (EFAP) and we are your link to well-being—personal, family, and work-related.



HH\_POSTERS\_EN\_TABLOID\_0620-1

Available in Letter size (8.5 x 11) and  
Tabloid size (11 x 17)

Worried about the  
sky falling?



You're just one call away from learning how  
to better manage anxiety or worry.

Employees, family members, managers and supervisors. Advice, counselling, "how to", and coaching 24 hours a day, 7 days a week by phone, Internet or in person. All calls are confidential and private.

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HH\_POSTERS\_EN\_TABLOID\_0620-2

Available in Letter size (8.5 x 11) and  
Tabloid size (11 x 17)

Feeling boxed in?



With the right tools and support you can  
free yourself from stress. Give us a call to  
get started.

Employees, family members, managers and supervisors. Advice, counselling, "how to", and coaching 24 hours a day, 7 days a week by phone, Internet or in person. All calls are confidential and private.

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HH\_POSTERS\_EN\_TABLOID\_0620-3

Available in Letter size (8.5 x 11) and  
Tabloid size (11 x 17)

Some days they're  
as sweet as can be.



For those other days, a little support can  
go a long way. For parenting tools, advice,  
and support give us a call.

Employees, family members, managers and supervisors. Advice, counselling, "how to", and coaching 24 hours a day, 7 days a week by phone, Internet or in person. All calls are confidential and private.

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Available in Letter size (8.5 x 11) and  
Tabloid size (11 x 17)

Some things should  
not be masked.



Depression and low mood can be helped.  
Call us to find out more.

Employees, family members, managers and supervisors. Advice, counselling, "how to", and coaching 24 hours a day, 7 days a week by phone, Internet or in person. All calls are confidential and private.

Call us anytime. It's your call.  
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HH\_POSTERS\_EN\_TABLOID\_0620-5

Available in Letter size (8.5 x 11) and  
Tabloid size (11 x 17)

Whenever you need me,  
I will be here.



We can help you find the right care for an older  
family member. For your peace of mind.  
And theirs.

Employees, family members, managers and supervisors. Advice, counselling, "how to", and coaching 24 hours a day, 7 days a week by phone, Internet or in person. All calls are confidential and private.

Call us anytime. It's your call.  
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Tabloid size (11 x 17)

# Poster Catalogue

## Blending families?



We have solutions that can help smooth things out. Give us a call.

Employees, family members, managers and supervisors. Advice, counselling, "how to", and coaching 24 hours a day, 7 days a week by phone, Internet or in person. All calls are confidential and private.

Call us anytime. It's your call.  
**1-800-663-1142**

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Available in Letter size (8.5 x 11) and  
Tabloid size (11 x 17)

## New kid on the block?



Starting a new career can be a challenge. We have career and life management tools that can help you be a success.

Employees, family members, managers and supervisors. Advice, counselling, "how to", and coaching 24 hours a day, 7 days a week by phone, Internet or in person. All calls are confidential and private.

Call us anytime. It's your call.  
**1-800-663-1142**

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Available in Letter size (8.5 x 11) and  
Tabloid size (11 x 17)

## Trouble maintaining a balanced diet?



We have ideas that can help. Give us a call.

Employees, family members, managers and supervisors. Advice, counselling, "how to", and coaching 24 hours a day, 7 days a week by phone, Internet or in person. All calls are confidential and private.

Call us anytime. It's your call.  
**1-800-663-1142**

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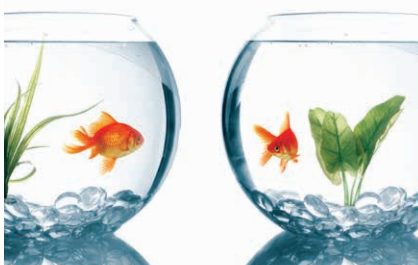
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HH\_POSTERS\_EN\_TABLOID\_0620-9

Available in Letter size (8.5 x 11) and  
Tabloid size (11 x 17)

## Feel like something's come between you?



A relationship takes more than just effort. With the right knowledge and support you can make it work.

Employees, family members, managers and supervisors. Advice, counselling, "how to", and coaching 24 hours a day, 7 days a week by phone, Internet or in person. All calls are confidential and private.

Call us anytime. It's your call.  
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Available in Letter size (8.5 x 11) and  
Tabloid size (11 x 17)

## Maxed out?



Good money management begins with the right knowledge. Get yours from us.

Employees, family members, managers and supervisors. Advice, counselling, "how to", and coaching 24 hours a day, 7 days a week by phone, Internet or in person. All calls are confidential and private.

Call us anytime. It's your call.  
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Available in Letter size (8.5 x 11) and  
Tabloid size (11 x 17)

## Half full or half empty?



An optimistic attitude is one of the keys to a happy life. We can help you have it.

Employees, family members, managers and supervisors. Advice, counselling, "how to", and coaching 24 hours a day, 7 days a week by phone, Internet or in person. All calls are confidential and private.

Call us anytime. It's your call.  
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Tabloid size (11 x 17)

# Poster Catalogue

When's the best time to start taking better care of yourself?



Today.

Employees, family members, managers and supervisors. Advice, counselling, "how to", and coaching 24 hours a day, 7 days a week by phone, Internet or in person. All calls are confidential and private.

Call us anytime. It's your call.  
**1-800-663-1142**

Numéro sans frais—en français: 1-866-398-9505 | TTY: 1-888-384-1152  
International (Call Collect): 604-689-1717  
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Available in Letter size (8.5 x 11) and Tabloid size (11 x 17)

Want to climb higher in your career?



With the right tools and support your opportunities are unlimited. We can help. Give us a call.

Employees, family members, managers and supervisors. Advice, counselling, "how to", and coaching 24 hours a day, 7 days a week by phone, Internet or in person. All calls are confidential and private.

Call us anytime. It's your call.  
**1-800-663-1142**

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HH\_POSTERS\_EN\_TABLOID\_0620-14

Available in Letter size (8.5 x 11) and Tabloid size (11 x 17)

Ewww!



We have many solutions to help you eat better—and they don't have to include broccoli. Give us a call when you want to find out more.

Employees, family members, managers and supervisors. Advice, counselling, "how to", and coaching 24 hours a day, 7 days a week by phone, Internet or in person. All calls are confidential and private.

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Available in Letter size (8.5 x 11) and Tabloid size (11 x 17)

Hooked?



If you decide to quit, the more you know the better your chances of success. Give us a call when you want to get started.

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Available in Letter size (8.5 x 11) and Tabloid size (11 x 17)

You can spend your time searching for solutions...or you can come straight to us.



Wellness solutions online. Parenting advice, child/eldercare support, career tools, health planners, and more. Available anytime, anywhere.

Employees, family members, managers and supervisors. Advice, counselling, "how to", and coaching 24 hours a day, 7 days a week by phone, Internet or in person. All calls are confidential and private.

Call us anytime. It's your call.  
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Available in Letter size (8.5 x 11) and Tabloid size (11 x 17)

Do you think well-being is the luck of the draw?



Think again! Well-being is about making good choices and taking the right action. We can help. Give us a call.

Employees, family members, managers and supervisors. Advice, counselling, "how to", and coaching 24 hours a day, 7 days a week by phone, Internet or in person. All calls are confidential and private.

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**1-800-663-1142**

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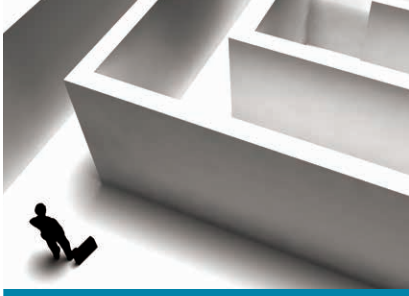
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Available in Letter size (8.5 x 11) and Tabloid size (11 x 17)



# Poster Catalogue

There are a lot of choices to be made on your way to physical and emotional well-being.



Give us a call.  
We can help you choose the right path.

Employees, family members, managers and supervisors. Advice, counselling, "how to", and coaching 24 hours a day, 7 days a week by phone, internet or in person. All calls are confidential and private.

Call us anytime. It's your call.  
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**HH\_POSTERS\_EN\_TABLOID\_0620-19**  
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Tabloid size (11 x 17)

It's just a number.



What's important is that you feel good about it, and that it's healthy for you.  
With the right knowledge and support you can achieve your goals. Call us to get started.

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**HH\_POSTERS\_EN\_TABLOID\_0620-20**  
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Tabloid size (11 x 17)

Looking for advice and support?



Your Employee and Family Assistance Program (EFAP) is your link to well-being.

- LIFE SMART COACHING**
- CAREER SMART COACHING**  
Pre-Retirement Planning  
Career Coaching  
Sick Worker Support
  - LIFE BALANCE SOLUTIONS**  
New Parent Support  
Childcare and Parenting  
Relationship Solutions  
Elder and Family Care  
Financial Coaching  
Legal Advisory
  - HEALTH SMART COACHING**  
Smoking Cessation Program  
Jumpstart your Wellness  
Nutritional Coaching
- COUNSELLING SERVICES**  
Marital • Family • Relationships • Anxiety • Depression • Addictions • Stress • Life transitions/change • Other personal issues
- ONLINE RESOURCES**  
E-learning • Health and Wellness Assessments  
Health, Life Balance, and Workplace Articles • Interactive Tools

Employees, family members, managers and supervisors. Advice, counselling, "how to", and coaching 24 hours a day, 7 days a week by phone, internet or in person. All calls are confidential and private.

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**HH\_POSTERS\_EN\_TABLOID\_0620-21**  
Available in Letter size (8.5 x 11) and  
Tabloid size (11 x 17)

Feeling sad about a recent loss?



Grief and Loss program is for those who have lost a loved one or are suffering any form of loss in their life

Employees, family members, managers and supervisors. Advice, counselling, "how to", and coaching 24 hours a day, 7 days a week by phone, internet or in person. All calls are confidential and private.

Call us anytime. It's your call.  
**1-866-213-7523 ext. 1489** | For urgent/crisis situations: 1-800-663-1142  
TTY: 1-888-384-1152 | International (Call Collect): 604-689-1717  
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**HH\_POSTERS\_EN\_TABLOID\_0620-22**  
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Tabloid size (11 x 17)

Feeling stressed?



Stress Solutions is designed to support those experiencing signs and symptoms of stress. Learn how to identify, manage and control stress in your life.

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Available in Letter size (8.5 x 11) and  
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## About Homewood Health

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Homewood Health™ offers the highest quality of clinical support and intervention available within the EFAP industry, and an unmatched continuum of services — spanning health promotion, mental health and addictions support, and prevention-focused work-life balance services.

## Additional Information

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Questions? More information? Please contact your Homewood Health Customer Relations Manager.

[www.homewoodhealth.com](http://www.homewoodhealth.com)



**Homewood**  
Health | Santé