

Looking for advice and support?



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

COUNSELLING SERVICES

Marital · Family · Relationships · Anxiety · Depression · Addictions · Stress
Life transitions/change · Other personal issues

ONLINE RESOURCES

E-learning · Health and Wellness Assessments · Interactive Tools
Health, Life Balance, and Workplace Articles

PLAN SMART — LIFESTYLE AND SPECIALTY COUNSELLING SERVICES

Life Balance Services

New Parent Support
Childcare and Parenting
Elder and Family Care
Financial Advisory
Legal Advisory

Career Smart Services

Pre-Retirement Planning
Career Counselling
Shift Worker Support

Health Smart Coaching

Smoking Cessation Program
Weight Management
Nutritional Counselling

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