

Looking for advice and support?



Your Member and Family Assistance Program (MFAP) is your link to well-being.

COUNSELLING SERVICES

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

PLAN SMART—LIFESTYLE AND SPECIALTY COUNSELLING SERVICES

CAREER SMART SERVICES

Pre-Retirement Planning
Career Counselling
Shift Worker Support

LIFE BALANCE SERVICES

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

HEALTH SMART COACHING

Smoking Cessation Program
Weight Management
Nutritional Counselling

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.

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

homewoodhealth.com

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



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