

# Looking for advice and support?



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

## LIFE SMART COACHING

### CAREER SMART COACHING

Pre-Retirement Planning  
Career Coaching  
Shift Worker Support

### LIFE BALANCE SOLUTIONS

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

### 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

Members, 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

[HomeWeb.ca](http://HomeWeb.ca)

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



**Homewood**  
Health | Santé