

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.

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



Call us anytime. It's your call.
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