

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.

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.  
**1-888-707-2115**

International (Call Collect): 778-372-7546  
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