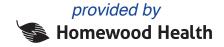
# CIETATE CONSTRUCTION EMPLOYEE & FAMILY ASSISTANCE PROGRAM



Everyone faces challenging and stressful events in their lives. Most of the time we can handle these situations ourselves; other times we could benefit from some support.



**CEFAP** is a confidential personal assistance and self-development services for employees and their dependents.

HOMEWOOD HEALTH is a trusted company with years of experience delivering the best possible support for clients like you.

#### **How are Services Accessed?**

CEFAP is here for you 24 hours a day, 7 days a week, 365 days of the year, providing services to eligible unionized workers and their eligible family members.

### **Critical Incident Management Services**

Providing 24/7/365 support following the occurrence of critical incidents and unsettling workplace events that include:

- workplace accidents
- witnessing traumatic events
- employee deaths, suicides
- difficult first responder calls
- · line-of-duty deaths
- natural disasters

Optimal timing for on-site deployment is 1 to 3 days post-incident. Throughout all phases of a critical incident, our team will:

- engage in assessment-related activities
- monitor and respond to changing needs and priorities
- provide telephonic and on-site consultation
- coordinate and deliver both on-site group support and worker-based interventions
- provide incident-specific materials and resources to support distribution of practical information and recommendations to facilitate post-incident recovery

### How does the counselling program work?

Counselling is offered face-to-face, over the phone, through video, or online by an experienced counsellor.

### **Life Smart Coaching**

A Life Smart intake counsellor will contact you within 72 hours to offer you an appointment with an appropriate specialist. Services include three major components with service options for each area:

## LIFE BALANCE SOLUTIONS

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

# HEALTH SMART COACHING SERVICES

- Nutritional Coaching
- Lifestyle Changes
- Jumpstart your Wellness
- Smoking Cessation

#### CAREER SMART COACHING SERVICES

- Career Planning
- Workplace Issues
- Pre-Retirement Planning
- Shift Worker Support

### Alcohol & Drug Issues 1-877-822-0727

Alcohol and Drug services meet all of the requirements of the Canadian Model for Providing a Safe Workplace-Alcohol and Drug Guidelines and Work Rule. Substance Abuse Expert Assessments and Bridge, Post Assessment, and Residential Readiness Counselling are conducted by specialized trained professionals.

### **Language & Aboriginal Options**

Homewood Health provides multi-language options in all offices. For aboriginal workers, options for receiving assistance from approved Healers, Elders and aboriginal treatment facilities are also available.

To speak to someone in confidence, for crisis services (24 hours a day) or to book an appointment contact Homewood Health.