

# Employee and Family Assistance Program (EFAP):

Reimagined for an optimal experience

Stay happy and healthy! Speak to one of specialists today for:



**Mental health support including:**

insomnia, anxiety, feelings of isolation, depression, grief, etc.



**Work & career counselling including:**

professional development, workplace conflict, career goals, etc.



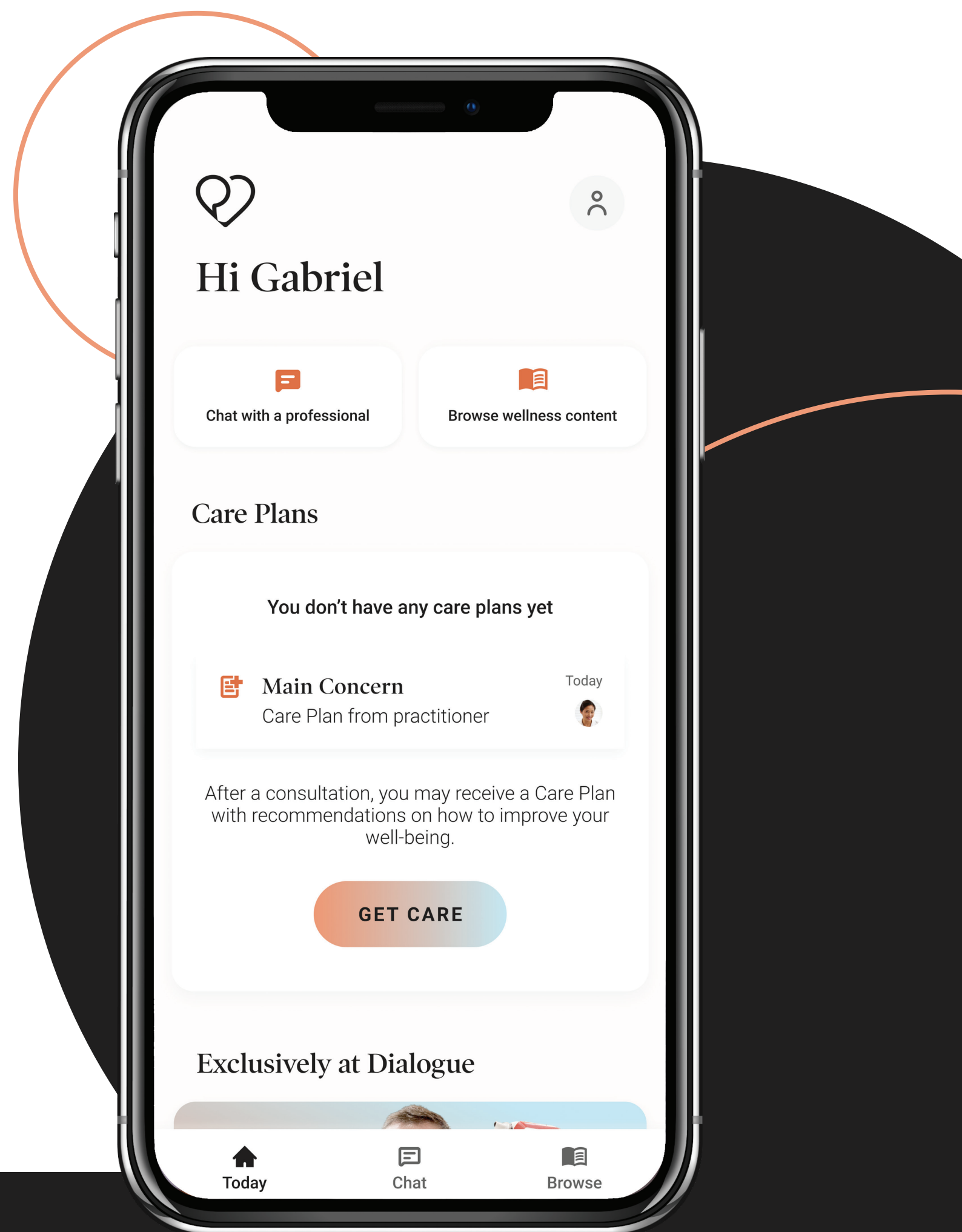
**Legal & financial advice for:**

family law, divorce, child support, wills, investment planning, real estate, taxes, etc.



**Family & relationship support for:**

conflict resolution, relationship and intimacy, parenting, child & elder care, etc.



Get started today:

[app.dialogue.co](https://app.dialogue.co)

1-833-352-9799 (EAP phone line only)

