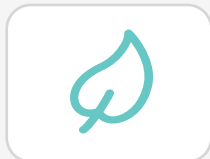


Employee and Family Assistance Program (EFAP)



Feel supported, connected and rewarded.

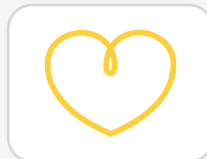
LifeWorks is an exciting and innovative wellbeing solution



An EFAP conveniently available anytime, anywhere



Perks and savings, including discounts and special offers to make your money go further

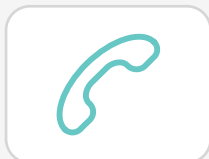


Personalized wellbeing content based on your areas of interest

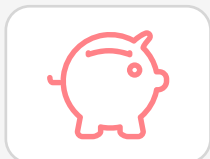


A News Feed to keep up to date with district announcements, news, and special events

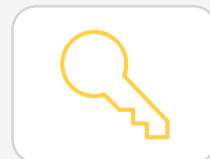
Access counselling, expert advice, tips, updates and videos



Easy to use support by phone, online or mobile app - available 24/7/365



Free to you and eligible family members



Completely confidential*

Dealing with a personal or work issue?

The EFAP can provide support, referrals and resources related to many issues, including but not limited to:

Family

- Adoption
- Relationship issues
- Child care and parenting
- Domestic abuse

Personal

- Depression and anxiety
- Tobacco/nicotine cessation
- Grief and loss
- Financial and legal support

Work

- Workplace conflict
- Burnout
- Changes at work
- Stress

EFAP support is available on these issues and more. Contact the EFAP to be connected to counselling or coaching, or visit LifeWorks online or by mobile app to get started with CareNow - self-guided help to begin your wellbeing journey.

Call your EFAP toll-free, any time, 24/7, 365 days a year at 1-888-625-1136

Download the app now, just search for "LifeWorks"



sd36.lifeworks.com