

Your future forward Employee and Family Assistance Program

It's about choice. You select your preferred care approach from:

- A fully 'live' experience,
- A fully virtual experience, or
- A blended experience



Nobody can do what Pathfinder does

It's EFAP simplified. It's a validated stepped care approach to your overall mental health and wellness developed through almost 140 years of mental health leadership and over 40 years of EFAP experience.

Pathfinder tailors personalized care plans and service recommendations based on your unique presenting concern(s). It includes an assessment of the severity of your concern and combines the optimal clinical solution with your unique preferences to create a customized and curated care path.

Choices

Counselling that's convenient for you.

In Pathfinder, you can book an appointment through our on-line booking system. There is no cost to you. Offices are local and appointments are made quickly, with your convenience in mind. Have a preference for location or appointment time? We'll do our best to accommodate your preferences.

Life Smart Coaching

You can receive coaching support for a variety of life balance and health issues, or get expert support to better manage your career. Life Smart Coaching services are available by phone.

Health



- Nutrition
- Lifestyle Changes
- Jumpstart your Wellness
- Smoking Cessation

Life Balance



- Elder and Family Care
- Relationships
- Financial
- Legal
- Grief and Loss
- Burnout and Stress

Career



- Career Planning
- Workplace Issues
- Pre-Retirement
- Shift Work

Online Resources

The right information at the right time

Access Homeweb.ca anytime for a wealth of expert tools and resources, including e-learning courses and a library of health and wellness articles which keep you informed about where you are in your journey and what's available to enhance your experience and outcomes.

Sentio by Homewood Health™

Sentio is Homewood's internet-based Cognitive Behavioural Therapy (iCBT) program. iCBT has been proven to be an effective therapy for mild to moderate depression, anxiety and other psychological mental health issues.

Sentio contains over 20 treatment goals plus a wealth of tools and resources to help you change your thought patterns and improve your mood.



What is Homewood MeetNow?

Where clinically appropriate, you can chat with a professional immediately. One click is all it takes. There's no booking and no waiting.

If you do not wish to MeetNow, simply select your preferred counsellor, your preferred date and time and your choice to meet telephonically or online through video. It's that simple.

Counselling

For all of life's challenges

We offer a supportive, confidential and caring environment and will provide you with counselling for any challenge:

- Family
- Depression
- Marital
- Life transitions/change
- Relationships
- Grief/Bereavement
- Addictions
- Stress
- Anxiety
- Other personal issues



140 years **Homewood Health** | Experience the power of care

Employee and Family Assistance Program

Coaching | Counselling | Support
Confidential | Available anytime

Contact Information

Contact us 24 hours a day, 7 days a week

1-800-663-1142

International (Call collect): 604-689-1717

homeweb.ca