

WHO PAYS?

Your company pays for this program. Your **EAP** allows all employees and members of their immediate families accessible, confidential and professional counselling services at no cost to the employee.



To arrange a confidential appointment simply call:

1-800-743-4140

(English)

1-888-687-9197

(French)

(24 Hours; 7 Days/wk)



Services in Quebec provided in partnership with Le Groupe Renaud.

HOW DO STAFF ACCESS THIS SERVICE?

This voluntary program allows employees and their immediate family members to seek help on their own by contacting **Mosaic** directly.

WHAT ABOUT CONFIDENTIALITY?

Your counselling session is strictly between you and the counsellor. Neither your employer, nor your co-workers will have any knowledge of your voluntary request for help.

To arrange a confidential appointment simply call:

1-800-743-4140 **1-888-687-9197**

(English)

(French)

(24 Hours; 7 Days/wk)



EMPLOYEE ASSISTANCE PROGRAM

Mosaic Counselling + Family Services

Main Office: 400 Queen Street South, Kitchener, ON N2G 1W7

Cambridge Office: 887 Langs Drive, Cambridge, ON N3H 5K4

tel 519-743-6333

fax 519-743-3496

email eap@mosaiconline.ca

website www.mosaiconline.ca



EMPLOYEE ASSISTANCE PROGRAM

For helpful, educational information on family issues, or for more information about **Mosaic**, please visit www.mosaiconline.ca



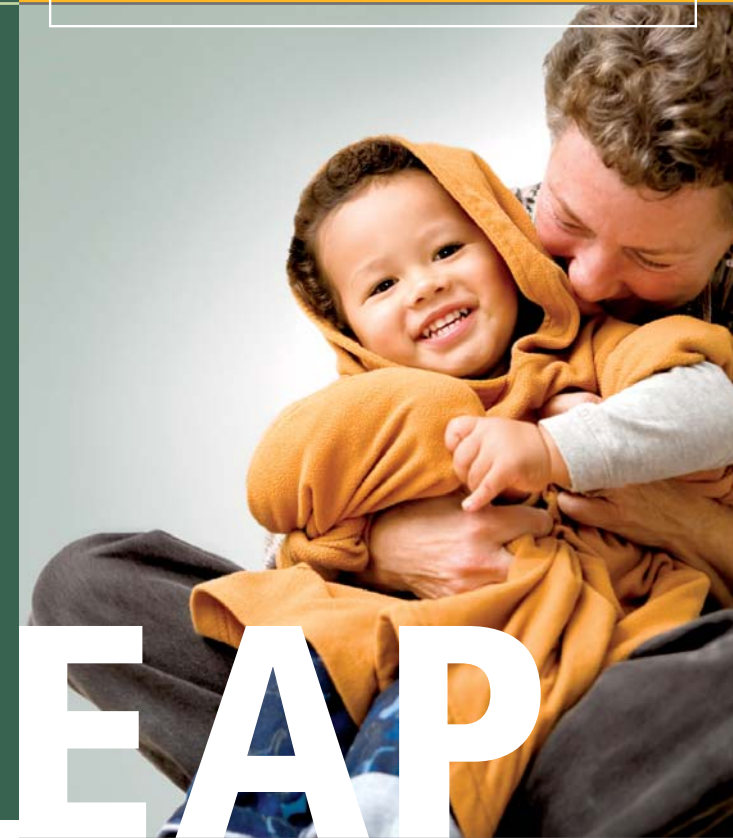
United Way
SERVING KITCHENER-WATERLOO
And the Townships of Waterloo, Wilmot and Woodstock



counselling + family services

MOSAIC EAP

YOUR WORKPLACE ADVANTAGE



EAP

EMPLOYEE ASSISTANCE PROGRAM

WHAT IS THE EMPLOYEE ASSISTANCE PROGRAM?

An Employee Assistance Program provides you with free, confidential and professional counselling to help you and members of your immediate family resolve problems that affect your personal well-being and potential to grow.

Your company has designed the Program to provide access to experienced counselling professionals.

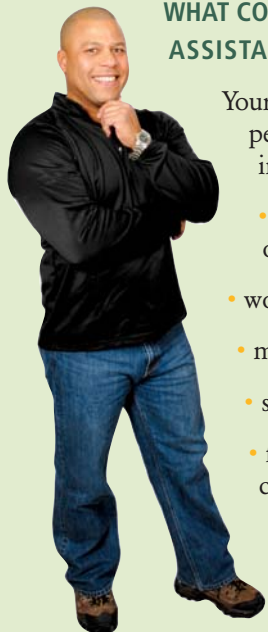
WHY IS EMPLOYEE ASSISTANCE IMPORTANT TO YOUR COMPANY?

All of us face difficult personal struggles at some time in our lives. Most often we can cope with these issues ourselves, but occasionally problems can be solved better and more quickly with professional help. Your company offers an **EAP** because they want their employees to enjoy full, productive lives.

WHAT CONCERNS DOES YOUR EMPLOYEE ASSISTANCE PROGRAM ADDRESS?

Your **EAP** addresses a broad range of personal and work-related concerns, including, but not limited to:

- personal, such as depression or stress
- work-related, such as harassment
- marital and couple
- separation and divorce
- family, such as parenting, parent/child conflicts, family relationships
- substance misuse/addictions
- abuse, physical, emotional, sexual



EMPLOYEE ASSISTANCE PROGRAM

When expenses and monthly debts become more than you can handle, financial pressures can start to build. Your **EAP** offers Credit Counselling services to help you, including:

- confidential financial counselling
- brochures & information on money management
- a consumer repayment plan
- intervention and mediation to help you resolve debt problems

Your EAP provides opportunities to raise awareness and increase knowledge and skills to make healthy lifestyles and behavioural changes.

WHAT ARE THE PROGRAM'S OBJECTIVES?

The program's objectives are:

- to provide a high quality, confidential and readily accessible counselling and information service to all employees and their immediate families,
- to experience the benefits that result from improved staff health and well-being.

WHO PROVIDES THE SERVICE?

Your company has chosen **Mosaic Counselling and Family Services**, an independent Family Service Agency, as the service provider.

Located in the heart of Kitchener, with offices throughout Waterloo Region, **Mosaic** has been providing specialized individual and family counselling programs since 1952. Their highly skilled and professionally trained therapists help more than 25,000 families each year.

Your **Mosaic EAP** offers access to counselling professionals in Waterloo Region and throughout Canada and the United States.

In addition, **Mosaic** is an accredited member agency of Family Service Ontario, Ontario Association of Credit Counselling Services, and Canadian Association of Credit Counselling Services.

