



Coaching
Counselling
Support

Achieving your health and
wellness goals just got easier

Your Member and Family Assistance Program (MFAP)



Homewood
Health | Santé



THE CANADIAN DENTAL
HYGIENISTS ASSOCIATION
L'ASSOCIATION CANADIENNE
DES HYGIÉNISTES DENTAIRES

Professional

We guarantee your confidentiality.

We are Homewood Health™, a trusted Canadian company with years of experience delivering the best possible support for clients like you. Everyone is guaranteed confidentiality within the limits of the law. You won't be identified to anybody — including your employer.

Life Smart Coaching

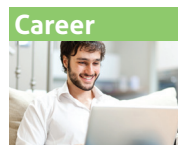
You can receive coaching support for a variety of life balance and health issues, or get expert support to better manage your career. Life Smart Coaching services are available by phone.



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



- Childcare and Parenting
- Elder and Family Care
- Relationships
- Financial
- Legal
- Grief and Loss



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

Contact Information

Contact us 24 hours a day, 7 days a week

1-833-375-0629 | TTY: 1-888-384-1152

International (Call collect): 604-689-1717

HomeWeb.ca

⬇️ A tear-out wallet card is provided below.



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Member and Family Assistance Program

Coaching | Counselling | Support

Confidential | Available anytime

Choices

Counselling that's convenient for you.

Counselling is available in person, by phone, by video, or online. 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.

Counselling

For all of life's challenges

Your Member and Family Assistance Program helps you take practical and effective steps to improve your well-being and be the best you can be. 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

Online Resources

The right information at the right time

Access Homeweb anytime for e-Learning, interactive tools, health and wellness assessments, and a library of health, life balance, and workplace articles.

i-Volve: Online CBT

i-Volve is an online, self-paced treatment program for depression and anxiety using the best practice treatment approach, cognitive behavioural therapy (CBT).

This innovative treatment program will guide you through exercises that examine and test how you interpret and perceive external stimulation. These insights will help you change and adapt the ways in which you think, feel, and react in various situations. i-Volve will help you to identify, challenge and overcome your anxious and/or depressive thoughts, behaviours and emotions.

Self-Guided: Work at Your Own Pace

Unlike traditional CBT programs, i-Volve is available 24 hours a day, seven days a week, and we designed it to allow you to work at your own pace.

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