

*There is no shame in asking for help, but it's a shame what can happen if you don't ask.*

Any permanent Board employee may contact an EAP Service Provider directly. A family member may access this service if that family member's issues are affecting the employee's ability to cope, either in their personal or professional life. The family member is to be accompanied by the employee.

#### **CONFIDENTIALITY IS ASSURED**

The approved EAP Service Providers are not employees of the Board, and identity information is not provided to the Board. Your contact with the Service Provider is held in strict confidence, in compliance with the ethical policies governed by their professional associations.

#### **COST TO THE EMPLOYEE**

All permanent employees are eligible for up to four (4) one-hour counselling sessions per school year, for which 75% of the cost is paid by the Board. Employees may continue with counselling beyond the four sessions at 100% of their own cost.

Please complete/return the EAP survey to Human Resources, following your counselling session. Your feedback on the service you received is appreciated to help us ensure quality service.

#### *Policy Statement*

The Grand Erie District School Board and its employee groups have expressed their joint intention to work cooperatively and constructively to maintain a successful Employee Assistance Program.

#### *Objective*

The program is to promote employee wellness by providing confidential access to counselling services for all permanent employees.

#### *The Program*

The program is based on self referral and anonymity. The program is designed to provide assistance for our employees to access professional services in coping with problems of a physical or mental health, personal or family nature, including stress, alcohol or drug dependency, and work related problems. The employee is not required to discuss participation with anyone.

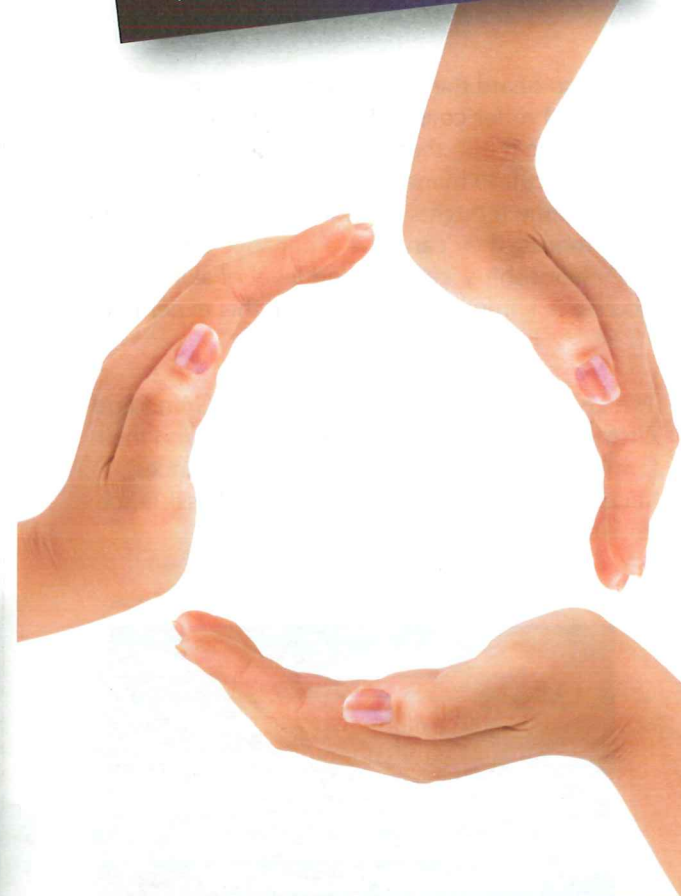
### **GRAND ERIE DISTRICT SCHOOL BOARD EMPLOYEE ASSISTANCE PROGRAM**

For further information you may CONTACT:  
Sylvia Hunniford, Health and Disability Officer  
519-756-6306, ext. 281130  
sylvia.hunniford@granderie.ca

**GRAND ERIE...  
Your Choice in Education**

November 2015

*Employee  
Assistance Program*



**A Confidential Counselling  
and Information Service**

*Support when you need it!*

Have you heard the expression "life is an emotional roller coaster?" Although we can usually ride it out, there are times when we find it too difficult to manage on our own. When troublesome thoughts or feelings become common occurrences, they can have a negative impact on our relationships, careers, and level of self-esteem. No one is immune to, or alone in, this experience.

The EAP Program, offered through the Grand Erie District School Board, offers employees and their family members (under certain circumstances), access to professional counsellors and assistance with the financial cost of their services.

The Program may be accessed by directly contacting one of the following Service Providers to book an appointment. Simply identify yourself as an employee of the Grand Erie District School Board.

# LEGEND

1. Marriage/couples and family
2. Children and adolescence
3. Abuse/assault victims
4. Abuse/assault perpetrators
5. Grief
6. Addiction/substance abuse
7. Stress management
8. Mental illness
9. Disability/illness
10. Anger management
11. Mediation/dispute resolution
12. Financial counselling
13. Geriatric issues/counseling
14. Eating disorders
15. Concurrent disorders
16. Trauma
17. Self-harm disorders
18. Suicide intervention
19. Depression
20. Dealing through Native American Medicine Wheel



**Bowman and Associates (1, 2, 6, 7, 10, 16)**  
402 West Street, Simcoe, ON  
(519) 428-2559

**Cognitive Advancement (2, 8, 16)**  
115 Charing Cross St., Brantford, ON  
(519) 759-2613

**Family Counselling Centre of Brant (1, 16, 18, 20)**  
54 Brant Avenue, Brantford, ON  
(519) 753-4173

**Gulabh Associates Inc. (1, 5, 6, 11, 16)**  
10 George Street, 4th Floor, Hamilton, ON  
(905) 526-1914

**Guthrie and Associates Inc. (1, 2, 7, 12)**  
108 St. George St., Suite 5, Brantford, ON  
(519) 752-8280

**Judith Wiley Counselling, EAP & Hypnotherapy (1, 2, 6, 7, 10, 16)**  
72 Brant Avenue, 3rd Floor, Brantford, ON  
(519) 484-2287

**LSA Family Counselling (1, 2, 3, 5, 11)**  
126 Niagara Street, St. Catharines, ON  
(905) 684-5050

**Mike Fidler & Associates Inc. (1 & 2)**  
Locations in Simcoe, Brantford and Caledonia  
(519) 428-0776 or (800) 560-5577

**Nancy J. Allan Counselling (1, 8, 11, 15)**  
191 Queensway West, Simcoe, ON  
(519) 429-3152

**Homewood Human Solutions – formerly Human Solutions Canada Inc. (1, 2, 3, 5, 6, 10, 11, 16, 19)**  
Locations in Brantford, Woodstock, Cambridge, Hamilton, Guelph, Kitchener and Caledonia.  
1-800-663-1142