

# Welcome

## to your Employee Assistance Program!

We can all be affected by personal or work-related challenges. Your Employee Assistance Program, offered through Arete, can help you and your family members when life's waters get a little choppy. Through accessing support, you'll feel like your best self again, sooner, and will build resilience to navigate other life challenges that may crop up in the future.

If you or your family are struggling, your Arete Employee Assistance Program can help with things like:

- Personal & relationship counselling
- Work-related challenges
- Childcare navigation support
- Addiction or dependency concerns
- Legal issues
- Financial concerns
- Nutritional guidance
- Family or eldercare issues

Get in touch any time to talk to the Arete intake team—they'll connect you with the professional who's best suited to meet your needs.

**1-877-412-7483** or **CONNECT ONLINE**

