



Need a little Support?

We've got you.

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 today for confidential and professional support, at no cost to you. 1-877-412-7483 or ONLINE





Feeling Unsteady?

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

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Low Battery?

We can help you recharge.

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