

Professional advice and services to help you resolve a wide range of work, health, and life concerns.



In our increasingly fast-paced world, you may find it challenging to take care of yourself while balancing your responsibilities at work with your obligations at home. In addition to counselling, your Employee Assistance Program (EAP) can help by offering you timely, professional assistance and support to manage all of life's stages and complexities.

WorkLife Services consist of the following:

Family Support Services

- Daycare centres and after-school programs
- Seniors' accommodations and nursing homes
- Adoption services
- Caregiver support groups

Nutrition Support Services

- Weight loss/gain
- Boosting energy and stress resilience
- Healthy eating on the go
- Accommodating shift work

Financial Support Services

- Credit and debt management
- Budgeting
- Financial aspects of separation or divorce
- Retirement planning

Naturopathic Services

- Work-life balance
- Illness prevention
- Energy levels
- Midlife health changes

Legal Support Services

- Landlord and tenant issues
- Summons, warrants, and subpoenas
- Custody and child support
- Wills and estate planning

How it works

WorkLife Services are provided through telephonic consultations with our professionals.

Initial sessions may involve an assessment and education component and can include goal definition and action planning. Follow-up sessions ensure you are on track to achieving your goals.

Employees looking for telephonic access to the EAP can call us directly using the following toll-free numbers:

Telephone:

TTY:

Contact the LifeWorks EAP any time, 24/7, for qualified support. To connect with LifeWorks online, visit: login.lifeworks.com or by mobile.

Username:

Password: