



Coaching
Counselling
Support

Achieving your health and wellness goals just got easier

Your Member and Family Assistance Program (MFAP)



Homewood
Health | Santé

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



- Elder and Family Care
- Relationships
- Financial
- Legal
- Grief and Loss
- Stress Solutions



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

Contact Information

Contact us 24 hours a day, 7 days a week
1-800-663-1142 | 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.

Welcome to Homeweb

Helping you live a healthier life



Homeweb

Homeweb is an innovative online platform that offers members access to personalized health and wellness tools, resources, and support when they want it – anywhere, anytime.

What do I need to know about Homeweb?

Homeweb is part of your Member Assistance Program. You can access Homeweb on your phone, tablet, or desktop. Homeweb offers you the ability to create an individual profile, receive personalized content recommendations, and access lots of helpful resources.

How to register for Homeweb

Step One: Visit www.homeweb.ca and click 'Sign Up'.

Step Two: Type your company name and click 'Find it!' Select the correct company from the list provided. Enter information into the required fields, choose an email and password, and click 'Next Step'.

Step Three: Let us know how you are covered by Homewood, (e.g. through your organization or the organization of a family member), and let us know your relationship to the organization (e.g. member, spouse, dependent, etc.). Submit the additional information required and click 'Sign Up' at the bottom of the page.

The screenshot shows the Homewood Pathfinder app interface. At the top, it says "Homewood Pathfinder Powered by Homeweb". Below that, it says "As a part of Homeweb, you can now access Homewood Pathfinder. You can register with invitation code" followed by a text input field. The main content area shows a recommendation for a resource: "Lukas, we recommend this resource". Below that, it says "Sometimes, engaging in an online course is all that's needed or may be all you're looking for. Check out a few resources and if you feel you need more support, come back and use Pathfinder again for additional guidance." The bottom section shows another resource: "Respect in the Workplace". Below that, it says "This course helps participants learn when unwelcome or confrontational workplace situations 'cross the line' and qualify as instances of harassment, discrimination, bullying and/or violence. The course also helps participants understand the importance of complying with policies regarding respectful workplace conduct."

Welcome to Homeweb!
Search, browse, and get expert support.

Homeweb.ca

 **Homewood Health**