

Your Employee and Family Assistance Program (EFAP) includes:

Childcare and Parenting



Being a parent is one of the most important and complex experiences in life. Do you question whether you are doing the right things? Do you occasionally feel overwhelmed? With helpful tools, support, and guidance, you can be the great parent you want to be.

Be the best parent you can be!

- **Looking for coaching and support?** We can help inform and guide you.
- **Need child-related resources?** We can do the research for you (e.g. daycare, after-school care, school work assistance).
- **Blending families?** We can assist you in creating a harmonious family structure.
- **Nurturing a child with special needs or gifts?** We can provide you with tools and approaches to help your child excel.

One call is all it takes to get started.

Life Smart Coaching empowers you with the information and support you need to be the best parent you can be. We make it simple to get started and guide you step-by-step. When you call our Client Services Centre, here's what you can expect:

1. We ask a few questions to make sure you receive the customized service that will be most helpful.
2. We arrange for one of our childcare specialists to call you and walk you through the types of support that you could benefit from—written materials, internet resources, printed materials, and more.
3. We'll be in touch with you while you're using the materials, and help you build the confidence to solve almost any parenting challenge.

Life Smart Coaching services are offered over the telephone. If you ever feel uncertain or overwhelmed, about any issue, we can also arrange counselling. Counselling services can be offered face-to-face, over the phone, through video, or online.



Life Smart Coaching can help you change your life — and your child's.

Contact your EFAP 24/7 at 1-866-565-4903

TTY: 1-888-384-1152

International (Call collect): 604-689-1717

homeweb.ca