

Your Employee and Family Assistance Program (EFAP) includes:

Relationship Solutions



Finding the time to care for, and nurture, our intimate relationships with others can be challenging. Relationship Solutions will help you take a proactive approach to enhancing your relationships. Coaching and a Relationship Solutions resource kit are included in this service.

Enhance your relationship!

- **Need help communicating with your loved one?** We can help you learn the importance of communication, honesty, and forgiveness.
- **Want to get the spark back?** We can help couples relate to each other so they can keep the relationship fresh.
- **Juggling kids, work, and your love life?** Today's couples are busy. We can provide tips to help you learn how to make time for each other.
- **Need help resolving a conflict?** Learn how to work out differences constructively, and how to communicate and appreciate each other's point of view.

One call is all it takes to get started.

Life Smart Coaching focuses on improving relationship communication, resolving conflict and to re-engage with each other. 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 relationship specialists to call you and walk you through the types of support that you could benefit from—written materials, internet resources, and printed materials, personalized for you.
3. We'll be in touch with you while you're using the materials, and help you build the confidence to solve almost any relationship 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 enhance your relationship.

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

TTY: 1-888-384-1152

International (Call collect): 604-689-1717

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