

PROFESSIONAL ASSISTANCE PROGRAM

Achieving your health and wellness goals just got easier



THE
LAW SOCIETY
OF NEWFOUNDLAND & LABRADOR

MEMBER AND FAMILY ASSISTANCE

1.800.563.9133
709.754.3007



Human
Solutions
Humaines

CHOICES

COUNSELLING THAT'S CONVENIENT FOR YOU

Counselling is available in person, by telephone, 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, gender, appointment time? We'll do our best to accommodate your preferences.

PROFESSIONAL

WE GUARANTEE YOUR CONFIDENTIALITY

We are Homewood Human Solutions™ — a trusted Canadian company with more than 30 years 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.

CONTACT US 24/7

1.800.563.9133
709.754.3007

www.homewoodhumansolutions.com

Language translation available during service set-up at in-take.

COUNSELLING COACHING SUPPORT

1.800.563.9133
709.754.3007
www.homewoodhumansolutions.com

CONFIDENTIAL AND
AVAILABLE ANYTIME



COUNSELLING

FOR ALL OF LIFE'S CHALLENGES

Your PAP helps you take practical and effective steps to improve well-being and be the best you can be. Within a supportive, confidential and caring environment you can receive counselling for any challenge.

COUNSELLING



Marital · Family · Relationships
Anxiety · Depression · Addictions · Stress
Life transitions/change · Other personal issues

PLAN SMART

LIFESTYLE AND SPECIALTY COUNSELLING

You can receive counselling and coaching for a variety of life balance and health issues, or get expert support to manage your career better.

LIFE BALANCE

HEALTH

CAREER



Childcare and Parenting
Elder and Family Care
Legal
Financial



Smoking Cessation
Weight Management
Nutrition



Career Planning
Workplace Issues
Pre-Retirement
Shift Work

ONLINE RESOURCES

THE RIGHT INFORMATION AT THE RIGHT TIME

Access our Member website anytime for e-Learning, interactive tools, health and wellness assessments, and a library of health, life balance, and workplace articles.