

## 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](http://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](http://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.