



Employee Assistance Program

What is an EAP?

It is an opportunity to work collaboratively with a professionally-trained therapist to address concerns, scenarios, and / or goals. It's not easy to reach out for help, know that we are here to support you and build on your strength.

Did You Know?

Your EAP is a short term counselling service that can offer you support when you need it most, from everyday challenges to complex scenarios, and everything in between.

The EAP Program can offer:

- Balance impact of stress
- Help find meaningful solutions
- Improve overall mental wellness
- Improve relationships
- Find balance in day to day life

Creating a space where people can be.

Types of Services

- Individual Counselling
- Couple Counselling
- Family Counselling
- Anxiety and/or Depression
- Stress Management
- Life Transition
- Different Types of Abuse / Harm from Another
- Build Self-Esteem
- Managing Conflict
- Anger Management
- Adjusting to Change
- Building Relationships
- Enhance Communication

For more information or to schedule an appointment please call:

(705) 267-7333

Please Note:

Need to reschedule?

Please give us 24 hours notice; otherwise, fees may apply. Fees will need to be paid before booking another appointment.



**Timmins Family
Counselling Center**

**Centre de counselling
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