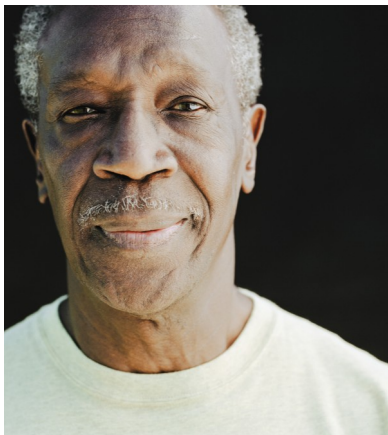




# Employee Assistance Program

**Free and Confidential help**



**Contact fseap  
24/7/365**



**Caring, professional assistance for personal, family or work-related concerns.**

**1-800-668-9920**

(after hours/emergencies)

**We can help with:**

- Family and personal relationships
- Personal crises, depression, anxiety
- Work and family concerns
- Addictions
- Trauma, harassment or abuse
- Family care resources
- Financial worries
- Legal questions
- Health and well-being
- Lifestyle planning for retirement

**For face-to-face, individual, couple or family counselling contact:**



**Family Counselling Centre  
519-336-0120  
Family Service Kent  
519-354-6221**

