

## The CVBC MFAP Can Help

Counselling • Coaching • Support

# 1-800-663-1142

Numéro sans frais - en français : 1-866-398-9505

International (Call collect) : 604-689-1717 | TTY: 1-888-384-1152

[homeweb.ca](http://homeweb.ca)



### Counselling Services

- Short-term solution-focused counselling
- Help provided for a full range of personal, family & work-related issues or problems
- Delivery options include: In person, telephone, video, online chat, and online private conversations (email)

### Advisory & Coaching Services

- Evaluation, coaching and resources, customized for each client
- Includes Life Balance Solutions, Health Smart Coaching Services, and Career Smart Coaching Services
- KEY PERSON ADVICE LINE (KPAL)

### Digital Services

- Homeweb.ca
- Homewood Pathfinder
- Online CBT (iVolve)
- Wellness articles, podcasts, and videos
- Health and Wellness Library
- Webinars and e-courses

## When to Use MFAP

# Support for a wide variety of situations

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 **Homewood Health**

- Stress, anxiety, depression, low mood
- Grief, bereavement
- Alcohol, drug, gambling, smoking issue
- Life change and transitions
- Relationship concerns
- Family and parenting challenges
- Child care coaching and resources
- Elder care coaching and resources
- Financial worries
- Legal concerns
- Financial worries
- Desire for healthier lifestyle
- Medical or health-related information
- Career development