

Your Employee and Family Assistance Program (EFAP) includes:

Relationship Solutions



Finding the time to care for, and nurture, our intimate relationships with others can be challenging. Relationship Solutions will help you take a proactive approach to enhancing your relationships. Coaching and a Relationship Solutions resource kit are included in this service.

Enhance your relationship!

- **Need help communicating with your loved one?** We can help you learn the importance of communication, honesty, and forgiveness.
- **Want to get the spark back?** We can help couples relate to each other so they can keep the relationship fresh.
- **Juggling kids, work, and your love life?** Today's couples are busy. We can provide tips to help you learn how to make time for each other.
- **Need help resolving a conflict?** Learn how to work out differences constructively, and how to communicate and appreciate each other's point of view.

The Relationship Solutions resource kit includes:

- A two-part educational workbook with information on how to enhance communication, and a series of exercises designed to encourage you, and your partner, to re-engage with each other.
- A recognized and respected relationship self-help book, focused on improving relationship communication and resolving conflict.
- Additional tools to support behaviour change in a fun and meaningful way.

Life Smart Coaching services are offered over the telephone. If you ever feel uncertain or overwhelmed, about any issue, we can also arrange counselling. Counselling services can be offered face-to-face, over the phone, through video, or online.



Life Smart Coaching can help you enhance your relationship.

Contact your EFAP 24/7 at 1.800.663.1142

TTY: 1.888.384.1152 | Numéro sans frais - en français : 1.866.398.9505

International (Call collect): 604.689.1717

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