

CORPORATION OF THE CITY OF BRAMPTON

A REVIEW OF YOUR EMPLOYEE ASSISTANCE PROGRAM

WHAT IS THE EMPLOYEE ASSISTANCE PROGRAM?

The Employee Assistance Program (EAP) is a confidential counselling and information service for full-time employees with benefits, sponsored by **CORPORATION OF THE CITY OF BRAMPTON**. This program is designed to help you and your dependents with any personal problems, your general well-being.

WHAT KINDS OF PROBLEMS ARE COVERED BY THE EAP?

Any personal problem that affects your home life or work life. Here are some examples:

- **Marital or family problems**
- **Alcohol or drug abuse**
- **Depression, Anxiety and stress**
- **Legal, Financial and Career issues** (eg interest testing, career pathing for adults and teens)
- **Childcare/Parenting resources** (such as new parent information, daycare, schools and specialty programs, after school and summer camps and so on)
- **Eldercare Resources** (such as out-of-home care, financial issues, home support services and others)
- **Nutritional counseling/Naturopathic consultation**
- **Smoking Cessation**

WHO PROVIDES THE SERVICE?

The EAP is provided by FGIworld, an independent and external group of professional psychologists, social workers and addictions counsellors.

IS IT CONFIDENTIAL?

A definite **YES**. The EAP is anonymous and voluntary. No one will know you have used the EAP unless you tell them yourself.

HOW MUCH DOES IT COST?

The cost of the EAP is covered by **THE CORPORATION OF THE CITY OF BRAMPTON**. On occasion, community resources may be recommended for longer term or specialized counselling. You would be responsible for any fees charged. Your provincial health plan or other company benefits may cover some of the charges.

HOW DO I CONTACT THE EAP?

Online at www.fgiworldmembers.com, Username: brampton Password: city01

CANADA WIDE ENGLISH

☎ 1-800-268-5211

CANADA WIDE FRENCH

☎ 1-800-363-3872

TELEPHONE DEVICE FOR THE DEAF (TTY) ENGLISH

☎ 1-800-363-6270

TELEPHONE DEVICE FOR THE DEAF (TTY) FRENCH

☎ 1-800-263-8035