

Looking for advice and support?



Your Student Assistance Program (SAP) is your link to well-being.

COUNSELLING SERVICES

Marital · Family · Relationships · Anxiety · Depression · Addictions · Stress
Life transitions/change · Other personal issues

LIFE SMART COACHING

CAREER SMART COACHING

Pre-Retirement Planning
Career Coaching
Shift Worker Support

LIFE BALANCE SOLUTIONS

New Parent Support
Childcare and Parenting
Relationship Solutions
Elder and Family Care
Financial Coaching
Legal Advisory
Grief and Loss
Stress Solutions

HEALTH SMART COACHING

Smoking Cessation Program
Jumpstart your Wellness
Nutritional Coaching

ONLINE RESOURCES

E-learning · Health and Wellness Assessments
Health, Life Balance, and Workplace Articles · Interactive Tools

Advice, counselling, “how to”, and coaching 24 hours a day, 7 days a week by phone, Internet or in person. All calls are confidential and private.

Call us anytime. It's your call.

1-800-663-1142

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

International (Call Collect): 604-689-1717

Homeweb.ca

We are your **Student Assistance Program (SAP)**
and we are your link to well-being—personal, family, and work-related.

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