

# Huron-Superior Catholic District School Board

## EMPLOYEE & FAMILY WELLNESS PROGRAM

### WHY AN EMPLOYEE & FAMILY WELLNESS PROGRAM?

- At times the combination of self, family and employment can be overwhelming
- We recognize that almost any human problem can be successfully and confidentially resolved with intervention.
- Because sometimes we just need a compassionate outsider to help us through the challenges.
- We are committed to assist employees and their families on their journey to wellness and wholeness.

### WHAT TYPES OF ISSUES ARE DEALT WITH BY OUR QUALIFIED TEAM?

Some examples:

- Anger Management
- Child/Adolescent Issues
- Communication
- Depression
- Life Transitions
- Loss/Bereavement
- Marital Conflict/Enrichment
- Self-esteem
- Sexual/Physical/Verbal Abuse
- Stress/Anxiety Management
- Trauma

### THE BASICS OF THE EMPLOYEE & FAMILY WELLNESS PROGRAM?

- Confidential
- Voluntary
- Counselling (Spiritual, Individual, Couple)
- Assessment
- Referrals

### WHO IS ELIGIBLE?

- All employees of the Board and their families (spouse, children)

### HOW DO I ACCESS THE PROGRAM?

- Support is simply a phone call away.
- Select from a team of counsellors that suits your needs.
- The program is completely confidential. No identifying information is revealed.
- This short term, solution-focused counselling is available free of charge, for up to six (6) sessions per year (Sept.-Aug.), per employee/family unit.

*"Rooted in Jesus Christ, we are a Catholic learning community called and committed to develop the full potential of each child and to nurture a personal relationship with Jesus that will inspire Catholic leadership".*

Huron-Superior CDSB Mission Statement



## TEAM OF COUNSELLORS SAULT STE. MARIE

### Algoma Family Services

- Individual/Couple Counselling
- Anger Management
- Anxiety/Depression

Phone: 705-945-5050 or 1-800-461-2237

[www.algomafamilyservices.org](http://www.algomafamilyservices.org)

205 McNabb Street, Sault Ste. Marie, ON

## TEAM OF COUNSELLORS EAST/NORTH

### Turning Point (Chapleau)

Phone: 705-864-1919

[www.sschs.ca](http://www.sschs.ca)

6 Broomhead Road, Chapleau, ON

### St. Joseph's Care Group (Thunder Bay)

- E-counselling
- Counselling services
- Crisis intervention

Behavioural Sciences Centre

Phone: 1-888-423-5862 or 807-623-7677

[www.sjcg.net](http://www.sjcg.net)

300 Lillie Street North, Thunder Bay, ON

### Counselling Centre of East Algoma (Elliot Lake)

- General Counselling
- Addiction
- Violence against women/assault

Phone: 705-848-2585

[www.counsellingeastalgoma.ca](http://www.counsellingeastalgoma.ca)

9 Oakland Blvd, Suite 2, Elliot Lake, ON

### Audrey Boler, Registered Psychotherapist (Elliot Lake)

- Registered Psychotherapist
- Individual, couples or family counselling
- Sexual abuse, grief and trauma
- Stress, anxiety and Mental Health

Phone: 1-705-499-7900 Elliot Lake, ON

### Roy Simpson, BA, BSW, RSW (Elliot Lake)

- Childrens' Mental Health
- Family and marital counselling and parent-child conflict

Phone: 1-705-848-4260

55 McQuarrie Place, Elliot Lake, ON