

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, per employee/family unit.

“Guided by the Spirit on our journey, together with family and Church, we mutually invite, encourage and support one another in our efforts to transform the world.”

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
205 McNabb Street, Sault Ste. Marie, ON

Group Health Centre

- Individual/Couple /Family Counselling
- Child/Teen Problems
- Abuse/Anxiety/Depression/Grief/Stress
Phone: 705-759-5626
www.ghc.on.ca
170 East Street, 4th Floor, Sault Ste. Marie, ON

Iris Hughes, BA, MPS, Psychotherapist

- Individual/Couple Counselling
- Spiritual Counselling
- Stress/Anxiety/Depression
Phone: 1-866-940-0966
Cell: 1-705-257-5804
Home: 1-905-390-0987
Email: irishughes@distributel.net
Local Site:
St. Jerome's Church 26 Carmel Road, Sault Ste. Marie, ON
Schedule: 1 week per month, please call or email for schedule

Lui Cundari, MSW, RSW

- Individual/Couple Counselling
- Mental Health
- Trauma (Motor Vehicle Accidents)
Phone: 705-541-9166
75 Elgin Street, Suite 102, Sault Ste. Marie, ON

**TEAM OF COUNSELLORS
DISTRICT**

Turning Point (Chapleau)

Phone: 705-864-1919
www.sschs.ca
6 Broomhead Road, Chapleau, ON

Counselling Centre of East Algoma (Elliot Lake)

- General Counselling
- Addiction
- Violence against women/assault
Phone: 705-848-2585
www.counsellingeastalgoma.ca
9 Oakland Blvd, Suite 2, Elliot Lake, 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
300 Lillie Street North, Thunder Bay, ON