

Your Employee & Family Assistance Program

Free and confidential help | Contact FSEAP 24/7

Caring, professional assistance for personal, family, or work-related concerns

1-844-864-8343

We can help you:

- Manage emotional well-being
- Enhance relationships
- Succeed at work
- Explore child and elder care resources
- Address legal concerns
- Manage personal finances
- Improve physical well-being

myfseap.ca



Family Counselling Centre

fseap Now we're
talking.