



How to Access your EFAP

Simply call the CFS office at 922-3202 to speak to a counselor who will arrange a convenient appointment time for you. If the counselor is unable to answer your call immediately you can leave your name and number with the receptionist or the messaging service and your call will be returned promptly.

Your Employee and Family Assistance Program provides you and your family with fully-funded counseling sessions. The number of sessions will be determined by your counselor and yourself. In addition you may attend a **Life Improvement Program** in lieu of a counseling session. You and your counselor will work together in a short-term focused manner to find solutions for your difficulties.

Quality Assurance

Catholic Family Services of Prince Albert counselors adhere to a set of standards (policies and procedures) that are governed by the Professional Association that they belong to. This includes stringent standards around confidentiality practices, credentials and experience of clinicians and client satisfaction. This also includes ongoing clinical supervision. Catholic Family Services has a solid reputation in the community for genuine caring, excellence and success. CFS has developed a through commitment to families and individuals by helping them discover their true potential and develop self-respect.

Voicing your concerns

Our goal is to provide professional, effective and supportive EFAP services. If you are not completely satisfied with the services you receive, would like a different counselor or have concerns about your Employee and Family Assistance Program please contact Catholic Family Services at 306-922-3202.

Being the Best we can Be

Your feedback is essential in helping us maintain our high standards of excellence. When you visit our office you can complete an evaluation form in order for you to communicate your EFAP experience. It is completely anonymous, confidential and voluntary.



For more information:

Catholic Family Services
of Prince Albert, Inc.
#300-1008 1st Ave.
West
Prince Albert, SK
S6V 4Y4

Phone: (306) 922 - 3202
Fax: (306) 922 - 7977
Email: cfspa@sasktel.net
Website: www.cfspa.ca



PRINCE ALBERT Est. 1887
CATHOLIC SCHOOL DIVISION
Learning for life through Catholic Education

Prince Albert Catholic Schools Employee and Family Assistance Program



*Supporting families in our
community, schools and
surrounding area*

What is your EFAP?

The Employee and Family Assistance Program, or the EFAP, is a confidential information, counseling and referral service for you as an employee of Prince Albert Roman Catholic Separate School Division.

The EFAP is designed to provide you with direct access to experienced professionals who will help you resolve your problems or issues before they affect your health, family life or job performance.

Assured Confidentiality

Your EFAP is designed to ensure the privacy and rights of employees. All counselors are guided by the Professional Code of Ethics ensuring confidentiality and professional practice. Personal information will not be released to your employer and will be kept in confidence by the counseling service with the exception of those cases where a client may pose a serious risk to public or personal safety

Eligibility

All Prince Albert Roman Catholic Separate School Division employees, full time, part time, or casual and their immediate families are eligible for EFAP services.



What Kinds of Issues Can Your EFAP Help With?

Confidential Assistance is available for a broad range of personal and work-related concerns which may affect you such as:

- Personal and/or job stress
- Relationship issues
- Addictions
- Harassment
- Separation and loss
- Self esteem
- Emotional problems
- Family Violence
- Grief
- Parenting issues
- Balancing Work and Family
- Anger
- Depression and Anxiety
- Stress Management
- Conflict

Who Provides the Service?

The services are provided by Catholic Family Services of Prince Albert. CFS provides confidential counseling services to employees and their families. All counselors hold a Masters Degree in Marriage and Family Counseling, Psychology or Social Work.



A Variety of Services to Meet your Needs

Confidential EFAP services with your choice of service delivery:

- Face-to-face counseling
- Telephone counseling
- Life Improvement Programs
- Personal Growth Workshops
- Facilitated Conflict Resolution

Check out the website...

www.cfspa.ca

This website provides specific details of services available to you and your family through your EFAP. The website also includes information regarding Life Improvement Program.



