

## How easy is it to get assistance?

Assistance is only a telephone call away.

Employees or their eligible family members may call or e-mail to schedule an appointment.

Appointments are available at our Essex and Windsor locations.

### Stephanie Winbaum

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**Tel: 519.776.6004**

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@JEAPwellness



### The J.E.A.P. Office

39 Maidstone Avenue, East, Unit G  
Essex, Ontario N8M 2J3

Fax: 519.776.9590

A short, easy ride from anywhere  
in Windsor and Essex County.

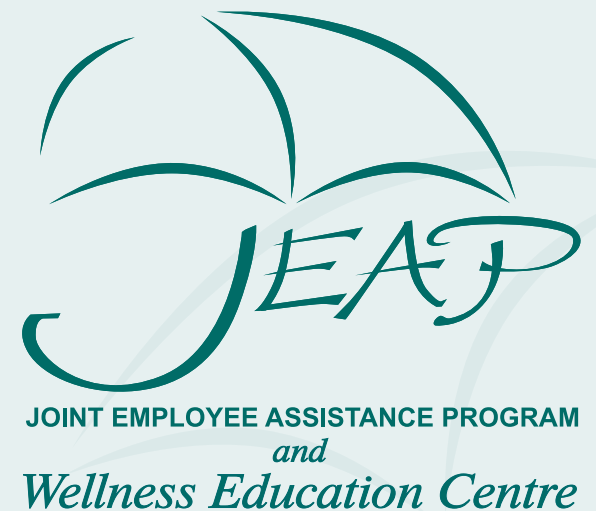
## Our Services:

- Individual, Marital, and Family Counselling
- Assessment and Referral
- Organizational Support and Consultation
- Work/Life Programs
- Mediation Services
- Healthy Activity and Exercise Classes
- Lending Library
- Return to Work Support
- Seminars
- Health Promotion Resources
- Fit Week
- Health Consultations with our Registered Dietitian
- J.E.A.P. Health Bulletin
- Monthly J.E.A.P. Articles

## Our J.E.A.P. Partnership

The Joint Employee Assistance Program came into being through the efforts of the Board and its various employee groups.

The J.E.A.P. is jointly funded by the Greater Essex County District School Board and its employee groups.



Greater Essex County  
District School Board

## What is the J.E.A.P.?

(Joint Employee Assistance Program)

The Joint Employee Assistance Program is a professional and confidential service designed to assist employees who are experiencing personal difficulties or problems that affect their health, sense of well-being or their work performance. It also offers services to those employees who wish support maintaining or enhancing their present level of health or wellness.

## What kinds of services does the J.E.A.P. provide?

### Counselling Services

Our J.E.A.P. addresses the reality that all of us may face a variety of challenges in our day to day living. There are times however, when personal problems persist over a period of time and they become disruptive to our personal, social or work lives. Help resolving such problems is available through our solution focused counselling services.

### Health Promotion And Wellness Education Programs

J.E.A.P. recognizes that there are employees interested in actively pursuing information or activities that will help them maintain or enhance their health or well-being. The J.E.A.P. offers a range of programs, classes and services for personal and professional growth.

## Support Through J.E.A.P.

The J.E.A.P. offers off-site professional offices where employees can consult privately with a trained and professional E.A.P. Co-ordinator. Our service provides a short term, solution focused approach which may include one or more of the following:

- Counselling with a J.E.A.P. Counsellor
- Consultation with a Registered Dietitian
- Referral to professionals (Psychologists, Lawyers, etc.) or community resources where indicated
- Mediation Services

Counselling is available via phone or in person for a wide range of issues or concerns:

- stress
- family conflicts
- separation and divorce
- chemical dependency or gambling problems
- work related issues
- conflict resolution
- parenting
- loss and grief
- financial issues
- mental health concerns
- work-life balance
- relationship difficulties
- life transitions

To discuss your situation in complete confidence, please

**Call 519-776-6004**

## Who can participate in the J.E.A.P.?

The J.E.A.P. is a benefit available to employees of the Greater Essex County District School Board and eligible family members.

## What about confidentiality?

Confidentiality is assured. The J.E.A.P. adheres to strict professional guidelines regarding confidentiality.

## What is the cost?

The cost of services available through our J.E.A.P. is shared by the Greater Essex County District School Board and its various employee groups. If referrals are made to other professionals or community resources and a cost is involved, employee group benefits or regular health insurance may apply. We will discuss these concerns, should they apply.

The J.E.A.P. is a proud recipient of the  
**Diamond Workplace Wellness Award**  
presented by Go for Health, Windsor-Essex  
and Windsor-Essex Health Unit.

The J.E.A.P. is recognized as providing comprehensive workplace wellness programs by demonstrating a strong commitment to improved health and well being for employees and their families.

