

Your Employee and Family Assistance Program (EFAP) includes:

Grief and Loss Coaching



Grieving can be an overwhelming and complex process. Every individual reacts differently and experiences grief and loss in unique ways. Homewood's Grief and Loss Coaching Program helps you understand the grieving process by providing you with coaching support and resources to help you manage through the range of emotions and difficulties one experiences when faced with a significant loss. This program is helpful to those who have lost a loved one or are experiencing other forms of loss in their life, including job loss, divorce, or ending of a relationship.

Learn to feel happy again.

- **Have you recently lost someone?** Our grief specialists can provide emotional support and resources to help you get through your difficult time.
- **Are you grieving a job or a relationship loss?** Our program is also designed to help you make sense of your loss and the steps needed to manage normal reactions to grief or loss.

- **Are you looking for support in guiding your children through grief?** Our grief specialists will help you understand how grief may impact children and how to support their overcoming grief.
- **Do you have questions about your emotional well-being due to a recent loss?** We can provide resources and strategies to help you in your journey of recovery.

One call is all it takes to get started.

Life Smart Coaching focuses supporting with tactics to help you through your grief and loss. We make it simple to get started and guide you step-by-step. When you call our Client Services Centre, here's what you can expect:

1. We ask a few questions to make sure you receive the customized service that will be most helpful.
2. We arrange for one of our grief specialists to call and walk you through the types of support and resources that you could benefit from—written materials, internet resources, and printed materials, personalized for you.

We'll be in touch with you while you're using the materials, and help you build the self-care and self-compassion to overcome your grief.

Life Smart Coaching services are offered over the telephone. If you ever feel uncertain or overwhelmed, about any issue, we can also arrange counselling. Counselling services can be offered face-to-face, over the phone, through video, or online.



Life Smart Coaching can help you cope with your grief and loss.

Contact your EFAP 24/7 at 1-877-955-NSTU (6788)