



EIPS EMPLOYEE ASSISTANCE PROGRAM **COUNSELLING SERVICES**

DID YOU KNOW the Employee Assistance Program (EAP) covers confidential counselling services by registered psychologists? Through Sojourn Wellness Group, EIPS employees can access a variety of services to help with issues relating to family, relationships, stress, grief, depression, anxiety, substance abuse, workplace matters and more.

- Available to all permanent certificated and classified employees, including their spouses and dependents.
- Confidential counselling—the employer receives no personal information about employees who access EAP.
- Appointments are booked directly through Sojourn, which means a physician referral isn't required.
- Receive support either in person or by phone.
- Coverage includes two complimentary sessions annually, reduced rates on additional sessions and additional benefits as outlined in each health plan.

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**COMPLIMENTARY
AND CONFIDENTIAL.
WE’RE HERE TO HELP**
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BOOK AN APPOINTMENT

SOJOURN WELLNESS GROUP

780 449 1196 | SOJO.CA
#150, 150 Chippewa Rd., Sherwood Park