



Contact us today to
discuss how FCSSGW
EAP services can
manage your needs



Family Counselling and
Support Services
FOR GUELPH-WELLINGTON

Monday • Friday: 9am - 5pm
Tuesday • Wednesday • Thursday:
9am - 9pm

Phone: (519) 824-2431
Employers ext. 52
Employees ext. 46

Toll Free: 1-844-824-6040

Fax: (519) 824-3598

info@FamilyServiceGuelph.on.ca

www.FamilyServiceGuelph.on.ca

109 Surrey Street East
Guelph, ON
N1H 3P7

The only non-profit offering customized & personalized EAP in Guelph-Wellington

Family Counselling and Support Services for
Guelph-Wellington (FCSSGW) has provided
expert client care since 1987.

Our core staff and partners allow for a
more tailored and personalized Employee
Assistance Program (EAP) service delivery
to your employees.

We offer multiple programs and a variety of
service delivery options. Custom metrics
provide you feedback on your investment.

We create and deliver EAP services tailored
to the needs of your employees and your
budget, including:

- Flexible plans: insurance style, fee for service,
pay per employee or per usage
- Specialized one-time services for Human
Resources, Change Management and
Critical Incidents



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EMPLOYEE ASSISTANCE PROGRAM

Tailored and personalized
service delivery to your
employees



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Tailored services for employers

- EAP management training/coaching services
- Human resources support including mediation
- Financial, legal, career, eldercare, nutrition, etc.
- Group facilitation and workshops

Personalized services for employees

- HIGHLY CONFIDENTIAL
- No permission needed from your employer - just contact us directly
- Support is easy to access
- Expert staff matched to your needs
- Variety of options for service (in-person, telephone consultations, groups)
- Quality assurance (evaluation of services)

Sample employee focused topics:

- **Improving Mood and Emotions** (Depression/Anxiety, Grief/Loss, Self-Esteem, Caregiver Fatigue)
- **Strengthening Family Relations** (Couple Communication, Conflict Resolution, Separation/Divorce, Domestic Violence, Parenting)
- **Personal Budgeting and Debt Counselling**
- **Workplace Issues** (Balancing Work/Life, Performance Issues, Conflict Management, Job Stress and Harassment Concerns)
- **Substance Abuse/Misuse** (addiction support for individual and family members)

FCSSGW EAP Programs and Services

Services offered/groups for:

- Anger
- Communication
- Sexual Abuse
- Trauma
- Domestic Violence
- Mood
- Mediation
- Career Transition services (On site support /Terminations, Transition programs and career coaching)

Workshops for:

- Conflict Resolution
- Retirement Planning
- Stress Management
- Workplace Morale
- Workplace Violence/Harassment
- Substance Abuse
- Return to Work Support
- Trauma in the Workplace
- Sexual Abuse
- Domestic Violence
- Violence Against Women
- Anger Management
- Improving your Financial Health

Sessions available for:

- Adults, Teens and Children
- Couples
- Families

EAPs provide you confidential access to support and is directed by you with a simple phone call.

Any concern that is impacting your life at home, at work or in the community will be addressed by our confidential and professional staff.

Services are individual (adults, teens and children), couple, family or group based. We can also assist you with referrals to other community supports and services.

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