



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

Compass Community Services 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

Contact us today to discuss how **Compass Community Services** EAP services can manage your needs



Compass

Community Services

Workplace Wellness

Monday - Thursday: 9am - 9pm

Friday: 9am - 5pm

Saturday: 9am - 2pm

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

Toll Free: 1-844-824-6040

Fax: (519) 824-3598

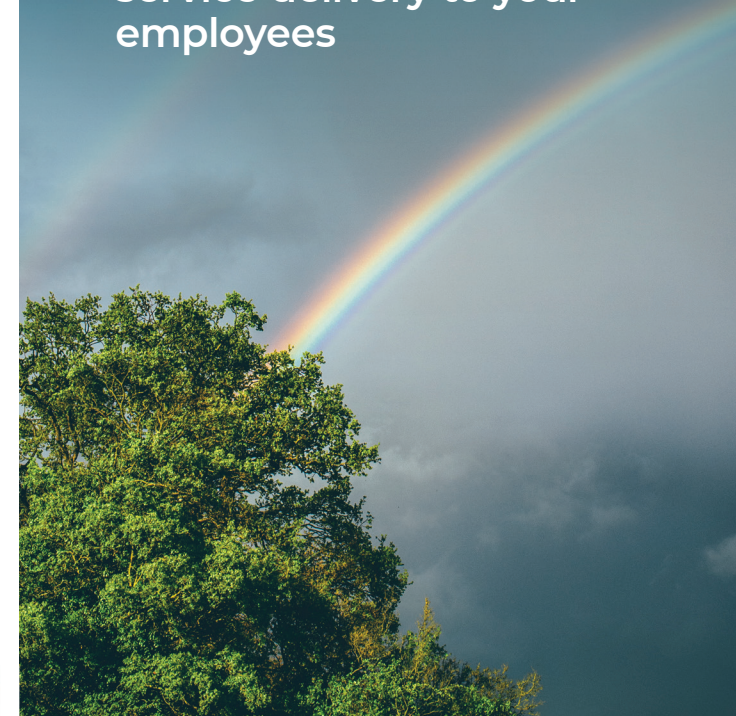
info@compasscs.org

www.compasscs.org



Employee Assistance Program

Tailored and personalized
service delivery to your
employees



Compass

Community Services

Workplace Wellness

(519) 824-2431 • 1-844-824-6040
www.compasscs.org



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.

Compass Community Services has been providing exceptional service to the community since 1987.

Contact us today

(519) 824-2431 Toll Free
Employers Ext. 52 1-844-824-6040
Employees Ext. 46
www.compasscs.org

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 individuals and family members)

Compass Community Services 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

