



Coaching. Counselling. Peer Support. Resources.

When you need it...



MAP is a confidential service funded by and fully independent of the Law Society of Ontario and LawPRO.

Who can access the MAP?

- ✓ Lawyers*
 - ✓ Paralegals
 - ✓ Judges
 - ✓ Licensing process candidates
 - ✓ Ontario law school students
 - ✓ Students at accredited paralegal colleges
- *Includes spouse and children*



PROFESSIONAL AND CONFIDENTIAL SERVICES

Homewood Health is a trusted Canadian company with more than 3 decades of experience providing the best possible support to clients like you. Your confidentiality is guaranteed through an individual's right to privacy protection and enforced within the limits of the law. No personal identifying information whatsoever is disclosed to the Law Society of Ontario or LAWPRO.

Online Resources

Access www.myassistplan.com anytime for e-learning, interactive tools, health and wellness assessments, and a library of health, life balance, and workplace articles.

Peer-To-Peer Support

Receive confidential, non-judgmental, support from a legal fellow professional or student who has gone through similar experiences.

Counselling

Counselling helps you take practical and effective steps to improve your well-being in a confidential environment.

You can receive counselling from the most highly trained and experienced therapists in the industry who specialize in helping people with:

- Stress • Anxiety
- Substance Abuse Burnout
- Marital/Family Issues Depression
- Life Transition/Change
- Anger • Career • Grief/Bereavement
- Other Personal Issues

⬇ Please retain the card below for your records.



**Member
Assistance
Program**

1-855-403-8922

International (Call collect): 514-875-0720
www.myassistplan.com

Coaching | Counselling | Support

Confidential | Available anytime

Our counselling is available in person, by telephone, or online. With a provincial network of hundreds of counsellors, appointments are made quickly. We do our best to accommodate your preferences.

Sentio by Homewood Health™

Sentio is Homewood's internet-based Cognitive Behavioural Therapy (iCBT) program. iCBT has been proven to be an effective therapy for mild to moderate depression, anxiety and other psychological mental health issues.

Sentio contains over 20 treatment goals plus a wealth of tools and resources to help you change your thought patterns and improve your mood.

Life Smart Coaching

You can also receive coaching on a variety of subjects:



Health

- Nutrition
- Lifestyle Changes
- Jumpstart your Wellness
- Smoking Cessation



Life Balance

- Elder and Family Care
- Relationships
- Financial
- Legal
- Grief and Loss
- Stress Solutions



Career

- Career Planning
- Workplace Issues
- Pre-Retirement
- Shift Work



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Call 1-855-403-8922