

EMPLOYEE AND FAMILY ASSISTANCE PROGRAM AGENCIES

Sun Life Canada	1-877-786-7227	service@sunlife.ca
FSEAP Canada	1-877-553-7327	info@fseap.ca
LifeWorks Canada		https://www.lifeworks.com/ca/contact-us/
Great-West Life Centre for Mental Health Canada	1-866-407-5888	
Health Canada Ottawa	1-888-366-8213	171 Slater Street, 11 th Floor 3712E Ottawa, Ontario K1A 0K9
Aspiria Canada	(905) 415-0500	info@aspiria.ca
Manulife Financial Canada	1-888-626-8543	
Solareh Canada	1-855-914-3473	info@solareh.com
Blue Cross Canada	1-888-873-9200	
Homewood Health Canada		info@homewoodhealth.com
British Columbia / Yukon		
Family Services of Greater Vancouver Vancouver, BC	(604) 732-6933 1-800-667-0993	301-1638 East Broadway Vancouver, BC V5N 1W1
Shepell.fgi Vancouver, BC	(604) 642-5200	400 – 411 Dunsmuir Street Vancouver, BC V6B 1X4
Homewood Health Vancouver, BC	1-800-663-1142 (604)265-1174	Suite 600, 575 West 8th Avenue Vancouver, British Columbia V5Z 0C4
Brown Crawshaw Inc. Vancouver, BC	1-800-668-2055 (604) 683-3255	Suite 2350 - 4720 Kingsway Burnaby, BC V5H 4N2

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Employee Wellness Vancouver, BC	(604)872-4929 1-800-505-4929	Suite 514, 750 West Broadway Vancouver, BC V5Z 1H4
Daniel Stone & Associates North Vancouver, BC	(604) 290-9749	Suite 150, 233 West 1st Street North Vancouver, BC V7M 1B3
Jericho Counselling Vancouver, BC	(604) 537-4246	Suite 1004-750 Broadway Vancouver, BC V6Z 1H2
Jericho Counselling Vancouver, BC	(604) 537-4246	Suite 906-510 Burrard Street Vancouver, BC V6C 3A8
Jericho Counselling Burnaby, BC	(604) 537-4246	Suite 1150-4720 Kingsway, Metrotower II Burnaby, BC V5H 4N2
Pacific Blue Cross Vancouver, BC	1-877-722-2583 (604) 419-2000	4250 Canada Way Burnaby, BC V5G 4W6
Garth Walmsley and Associates Prince George, BC	250-564-1000 1-800-481-5511	203-612 View Street Victoria BC V8W 1J5
Garth Walmsley and Associates Quesnel, BC	(250) 992-9525 1-800-481-5511	335C Vaughan Street Quesnel, BC V2J 2T1
Garth Walmsley and Associates Victoria, BC	(250) 386-8220 1-800-481-5511	208 - 612 View St Victoria, BC V8W 1J5
bclear benefits Vancouver, BC	1-855-922-5327 (604) 296 3240	120-4401 Still Creek Drive Burnaby, BC V5C 6G9
Employee & Family Assistance Program (EFAP) Vancouver, BC	1-800-505-4929 (604) 872-4929	750 West Broadway, #514 Vancouver, BC V5Z 1H4
Barb Nimco and Associates Whitehorse, YT	(867) 668-4058 (867) 668-3277	606 Wood St Whitehorse, YT Y1A 2P3
Many Rivers Counselling and Support Services Whitehorse, YT	(867) 667-2970	4071 4th Avenue Whitehorse, YT Y1A 1H3
Many Rivers Counselling and Support Services Watson Lake, YT	(867) 536-2330	714 Adela Trail, PO Box 537 Watson Lake, YT Y0A 1C0
Many Rivers Counselling and Support Services Haines Junction, YT	(867) 634-2111	108 Auriol Street, PO Box 2109 Haines Junction, YT Y0B 1L0
Many Rivers Counselling and Support Services Dawson City, YT	(867) 993-6456	853-3rd Ave (2nd Floor), PO Box 595 Dawson City, YT Y0B 1G0

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Alberta / NWT / NU / SK / MB		
Shepell.fgi Calgary, AB	(403) 355-3700	5940, Macleod Trail SW, suite 800 Calgary AB T2H 2G4
Shepell.fgi Edmonton, AB	1-866-446-1700	10303 Jasper avenue, suite 1070 Edmonton AB T5J 3N6
Homewood Health Calgary, AB	(403) 768-3199 1-866-492-6832	10655 Southport Road SW, suite 300 Calgary, AB T2W 3Y1
HumanaCare Edmonton, AB	1-800-661-8193	9707 110 Street, Suite 408 Edmonton, AB, T5K 2L9
HumanaCare Grand Prairie, AB	1-800-661-8193	204 9805-97 Street Grand Prairie, AB, T8V 8B9
Janus Associates Calgary, AB	(403) 269-9600	825, 906 12th Ave SW Calgary, AB T2R 1K7
Alberta Blue Cross Edmonton, AB	(780) 498-8000 1-800-661-6995	
Alberta Blue Cross Calgary, AB	(403) 234-9666 1-800-661-6995	
Alberta Blue Cross Grand Prairie. AB	(780) 532-3505 1-800-661-6995	
Alberta Blue Cross Lethbridge, AB	(403) 328-1785 1-800-661-6995	
Alberta Blue Cross Medicine Hat, AB	(403) 529-5553 1-800-661-6995	
Alberta Blue Cross Red Deer. AB	(403) 343-7009 1-800-661-6995	
The Family Centre Edmonton, AB	(780) 423-2831	#20, 9912-106 Street Edmonton, Alberta T5K 1C5
Medicine Hat Family Service Medicine Hat, AB	(403) 504-8026	477 3rd St SE Medicine Hat, AB T1A 0G0
Borealis Counselling Services Fort McMurray, AB	(780) 791-1757	#5-118 Millenium Drive Fort McMurray, AB T9K 2S9

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Family Service Regina Regina, SK	(306) 757-6675	200-1440 Broadway Avenue Regina, SK S4P 1E2
Saskatchewan Blue Cross Saskatoon, SK	(306) 244-1192 1 800 667-6853	516 2nd Avenue N Saskatoon, SK S7K 3T2
Saskatchewan Blue Cross Saskatoon, SK	(306) 525-5025 1 800 667-6853	100, 1870 Albert Street Regina, SK S4P 4B7
Family Dynamics Winnipeg, MB	(204) 947-1677 1-844-847-9705	401-393 Portage Avenue Winnipeg, MB R3B 3H6
Shepell.fgi Winnipeg, MB	1-800-461-9722	363 Broadway avenue, Suite 800 Winnipeg, MB R3C 3N9
Manitoba Blue Cross Winnipeg, MB	(204) 775-0151 1-800-873-2583	PO Box 1046 Stn Main Winnipeg, MB R3C 2X7
Ontario / Quebec		
Shepell.fgi Montréal (Sqaure-Victoria), QC	(514) 878-9090	800 Square-Victoria, Suite 4000 Montréal QC H4Z 0A4
Shepell.fgi Montréal, QC	(514) 878-9090	1060, Boul. Robert-Bourassa, Bureau 900 Montréal QC H3B 4V3
Shepell.fgi Quebec, QC	(418) 990-7000	801 Grande Allée Ouest Quebec, QC G1S 1C1
Behavioural Sciences Centre Thunder Bay, ON	(807) 623-7677 1-888-423-5862	300 N. Lillie St. Thunder Bay, ON P7C 4 Y7
Medavie Blue Cross Montréal, QC	1-888-588-1212	550 Sherbrooke St. W, Suite 12 Montréal, QC H3A 6T6
Shepell.fgi Ottawa, ON	(613) 238-4272	350 Sparks Street, Suite 601 Ottawa ON K1R 7S8
Shepell.fgi Kitchener, ON	1-866-833-7690	Suite 301, 30 Duke Street West Kitchener, ON N2H 3W5
Shepell.fgi London, ON	1-866-833-7690	380 Wellington Street, Suite 801 London, ON N6A 5B5
Shepell.fgi Markham, ON	(416) 445-2700	60 Columbia Way Markham, ON L3R 0C9

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Shepell.fgi Toronto, ON	(416) 445-2700	800 Bay Street, 7th Floor Toronto, ON M5S 3A9
Shepell.fgi Toronto, ON	(416) 445-2700	895 Don Mills Road, Tower One, Suite 700 Toronto, ON M3C 1W3
Source Line Toronto, ON	(416) 234-1316 1-800-394-8015	180 Bloor Street West, Suite 902 Toronto, ON M5S 2V6
Thrive Counselling Services Halton Inc. Burlington, ON	(905) 637-5256	777 Guelph Line, Suite 207, Burlington Mall, Office Galeria Burlington, ON L7R 3N2
Thrive Counselling Services Halton Inc. Milton, ON	(905) 845-3811	400 Main Street East, Suite 207 Milton, ON L9T 4X5
Catholic Family Services of Simcoe County Simcoe County, ON	(705) 726-2503	
Family Counselling Centre of Brant Brantford, ON	(519) 753-4173	54 Brant Ave. Brantford, Ontario N3T 3G8
Family Counselling Centre of Cambridge and North Dumfries Cambridge, ON	(519) 621-5090	18 Walnut St. Cambridge, ON N1R 2E7
Counselling and Support Services or Stormont, Dundas and Glengarry Cornwall, ON	(613) 932-4610	26 Montreal Rd, Cornwall, ONK6H1B1
Medavie Blue Cross Etobicoke, ON	1-800-355-9133	185 The West Mall, Suite 1200, PO Box 2000 Etobicoke, ON M9C 5P1
Family Counselling and Support Services Guelph, ON	(519) 824-2431	109 Surrey St E Guelph, ON N1H 3P7
Catholic Family Services of Hamilton Hamilton, ON	(905) 527-3823	447 Main Street East, Unit 201 Hamilton, ON L8N 1K1
Resolve Counselling Services Kingston Kingston, ON	(613) 549-5561	417 Bagot Street Kingston, ON K7K 3C1
Carizon Family and Community Services Kitchener, ON	(519) 743-6333	400 Queen Street South Kitchener, ON N2G 1W7
Kitchener-Waterloo Counselling Services Waterloo, ON	(519) 884-0000	480 Charles St E Kitchener, ON N2G 4K5

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Dawn Associates Hamilton, ON	(905) 679-6749 1-877-304-0166	c/o Performance Physiotherapy, 50 Dundurn Street S. Hamilton, ON L8P 4W3
Family Service Thames Valley London, ON	(519) 433-0700 1-877-433-0701	125 Woodward Avenue, London, Ontario N6H 2H1
Homewood Health Mississauga, ON	(289) 207-0011	77 City Centre Dr., #604 Mississauga, ON L5B 1M5
Family Services York Region Newmarket, ON	(905) 895-2371	1091 Gorham St., Suite 202 Newmarket, ONL3Y 8X7
Community Counselling Centre of Nipissing North Bay, ON	(705) 472-6515 1-888-814-3327	361 McIntyre St E North Bay, ON P1B 1C9
Family Services à la famille Ottawa Ottawa, ON	(613) 725-5676 1-800-668-9920	FSEAP Ottawa, 312 Parkdale Avenue Ottawa, ON, K1Y 4X5
Humanitas Etobicoke, ON	(416) 674-5592	170 Attwell Drive, Suite 607 Etobicoke, ON M9W 5Z5
HumanaCara Markham, ON	1-800-661-8193	7030 Woodbine Ave, Suite 102 Markham, ON L3R 6G2
Community Counselling & Resource Centre Peterborough, ON	(705) 742-4258	459 Reid Street Peterborough, ON K9H 4G7
Niagara Counselling Services St. Catherines, ON	(905) 988-5748	47 Scott Street West, Unit 3A St Catharines, ON L2R 1E1
Family Counselling Centre Niagara St.Catharines, ON	(905) 937-7731	82 Hannover Dr, Box 24028 St Catharines, ON L2R 7P7
Family Counselling Centre Sarnia, ON	(519) 336-0120	1086 Modeland Road, Building 1030 Sarnia, ON N7S 6L2
Chinese Family Services Ontario Scarborough, ON	(416) 979-8299 1-866-979-8298	3330 Midland Ave Scarborough, ON M1V 5E7
Sudbury Counselling Centre Sudbury, ON	(705) 524-9629	260 Cedar Street Sudbury, ON P3B 1M7
Thunder Bay Counselling Thunder Bay, ON	(807) 684-1880	544 Winnipeg Avenue Thunder Bay, ON, P7B 3S7
Haldimand-Norfolk REACH Townsend, ON	(519) 587-2441	101 Nanticoke Creek Pky, Townsend, ON N0A 1S0

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Family Services Windsor-Essex County Windsor, ON	(519) 966-5010	1770 Langlois Ave. Windsor, ON N8X 4M5
Atlantic		
Shepell.fgi Fredericton, NB	(506) 458-9081	40 Crowther Lane, Suite 300 Fredericton, NB E3C 0J1
Shepell.fgi Halifax, NS	(902) 429-0556	7071 Bayers Road, Suite 3007 Halifax, NS B3L 2C2
Family Enrichment & Counselling Services Fredericton, NB	(506) 458-8211 1-888-829-6777	356 Queen Street Fredericton, NB E3B 1B2
Medavie Blue Cross St. John's, NL	1-800-667-4511	The Viking Building, Suite 201, 136 Crosbie Rd. St. John's, NL A1B 3K3
Medavie Blue Cross Moncton, NB	1-800-667-4511	644 Main Street, PO Box 220 Moncton, NB E1C 8L3
Medavie Blue Cross Fredericton, NB	1-800-667-4511	Unit 2 - 1055 Prospect Street Fredericton, NB E3B 3B9
Medavie Blue Cross Saint John, NB	1-800-667-4511	47A Consumers Drive Saint John, NB E2J 4Z7
Medavie Blue Cross Dartmouth, NS	1-800-667-4511	230 Brownlow Avenue Dartmouth, NS B3B 0G5
Medavie Blue Cross Halifax, NS	1-800-667-4511	1894 Barrington Street Halifax, NS B3J 2A8
Family Plus / Life Solutions Saint John, NB	(506) 634-4495 1-800-360-3327	199 Chesley Dr Saint John, NB E2K 4S9
Family Service Halifax Association Halifax, NS	(902) 420-1980 1-888-886-5552	Suite 401, Young Tower, 6080 Young Street Halifax, NS B3K 5L2
Catholic Family Services Bureau Charlottetown, PE	(902) 894-3515	129 Pownal Street Charlottetown, PE C1A 3W7
Family Service PEI Charlottetown, PE	(902) 892-2441 1-866-892-2441	155 Belvedere Ave., Suite 6 Charlottetown, PE C1A 2Z1
Family Service PEI Summerside, PE	(902) 436-9171 1-866-892-2441	109 Water Street Summerside, PE C1N 1A8