



How can inConfidence help?

Join us for a free orientation webinar!

inConfidence, your Employee & Family Assistance Program (EFAP) and work-life/wellness resource, can support you and your dependents with issues related to work, life, and everything in between. This confidential program is provided to you as defined by your organization's benefits plan. **inConfidence** includes:

- 24/7 toll-free access to **professional, caring consultants** for advice and support
- 24/7 access to www.myinconfidence.ca, a responsively-designed **program website** that
- automatically optimizes for access by computer, tablet, or smartphone, and featuring hundreds of articles, eBooks, recordings and more
- 24/7 telephonic access to Master's-level counsellors for **immediate, short-term support**
- Referrals to **community support agencies**
- Referrals to **counselling by phone, chat, in person, or video** (live by webcam over the Internet)

Register now for a live orientation webinar in 2023!

To attend one of our scheduled live orientation webinars, click on your preferred date/language below and complete your registration*. You'll receive a confirmation email along with instructions to join the session

	Sessions in English	Sessions in French
TUES Feb 21 2023	<u>10:00am-11:00 (EST)</u>	<u>2:00pm-3:00pm (EST)</u>
THURS. May 25, 2023	<u>2:00pm-3:00pm (EST)</u>	<u>10:00am-11:00 (EST)</u>
TUES: Sept. 19, 2023	<u>10:00am-11:00 (EST)</u>	<u>2:00pm-3:00pm (EST)</u>
THURS. Nov. 9, 2023	<u>10:00am-11:00 (EST)</u>	<u>2:00pm-3:00pm (EST)</u>

*Notes: Access to the internet and to a phone line is required to connect to the session. If your computer language is different to the language of your desired session, you may need to adjust the language setting on the bottom right corner of the registration Web page.