

When life brings change...
you can take charge.

We protect your confidentiality

Most people want to keep their personal problems private. We believe that privacy is essential in order for you to feel safe to learn and try new solutions. We protect your confidentiality to the full extent of the law. We use specially designed procedures to ensure that your phone call, email message or face to face visit takes place in private. Information regarding privacy and limitations to privacy is available on our website and is posted at our office. Your counsellor will discuss with you any limitations to privacy that apply.

Your Employee Assistance program is a CONFIDENTIAL, information, counselling and referral service. It is FREE and always just a phone call away.

CONTACT US

www.ccnip.com
1-888-814-3327

AFTER HOURS

1-800-668-9920

361 McIntyre Street East
North Bay (ON) P1B 1C9
Telephone: 705-472-6515

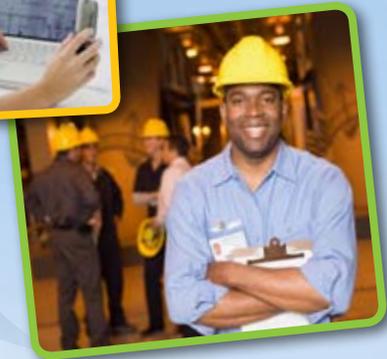
Community Counselling
Centre of Nipissing



Centre communautaire
de counselling du Nipissing

Community Counselling Centre of Nipissing EAP program is affiliated with the FSEAP national EAP provider network.

Need help making a change?
IT'S TIME TO TAKE CHARGE



Call your
Employee Assistance Program (EAP)

Community Counselling
Centre of Nipissing



Centre communautaire
de counselling du Nipissing



Has your intimate relationship changed?
Are you tired of being in a relationship
that is just not working?

CALL YOUR EAP

Are you finding that substances are
ruining your life? Are you tired to trying
to fight a losing battle against drugs or
alcohol?

CALL YOUR EAP

Do you ever say that you love your job
but can't get along with co-workers? Are
you feeling trapped in a bad situation?

CALL YOUR EAP

Are you worried about your children,
spouse /partner, parents or other family
and don't know what to do?

CALL YOUR EAP

Understanding Change can help you take Charge

In this day and age, change is happening
very quickly. Change happens at
work, in our relationships and in our
personal lives. Understanding change
can help you take charge. Community
Counselling Centre of Nipissing is a full
service Employee Assistance Provider
that can help you take charge of your
life and become more successful.

We have professionally trained experts
to help you with:

- Grief
- Parenting issues
- Resolving Conflict
- Financial pressures
- Separation and loss
- Coping with trauma
- Personal or job stress
- Substance use and abuse
- Depression and /or anxiety
- Marriage and relationships
- Survivor of violence or abuse

You can be more successful and we can help

Sometimes change can provide you
with an opportunity to learn a new
skill or understand something that you
didn't before. Your EAP counsellor can
help you with strategies, information
and coaching to help. Many people
report gaining new insights or
becoming more effective dealing with
problems due to help from their EAP.

Here's what people are saying:

— *“(my counsellor's) knowledge
has brought me to a place of
healing that I never thought I could
acheive”.*

— *“I felt relieved after the phone
call... like there was hope”.*

— *“(Counselling) has changed my
life... I can have chaos going on
around me and I don't need to be in
the middle of it anymore... that has
allowed me freedom”.*

