

# McMaster Resources

## F. MOHAWK SHARED SERVICES (POWERED BY LIFEWORKS) EAP

Services are available to residents throughout Southern Ontario. A convenient geographical location will be determined at the point of intake.

Call: 905-521-8300 or 1-888-521-8300 (toll-free) or visit [www.mohawkssi.com](http://www.mohawkssi.com)

LifeWorks is a full-service, confidential, bilingual employee assistance program for residents and their families. The goal is to help members effectively manage their personal and professional priorities, choose healthy practices, maintain wellness and achieve balance in their work and personal lives. This EAP provides access to WorkLife and Wellness expertise on a wide range of issues including but not limited to:

### Life

Health and well-being  
Mid-life and retirement  
Legal  
Everyday issues

### Money

Personal budget management  
Debt management  
Home buying or renting  
Retirement planning

### LifeWorks provides:

- Expert counselors available 24 hours a day, seven days a week via a toll-free number
- In-person counseling during the day, evening and on weekends
- Support and intervention services for critical incidents
- Programs for formal referrals
- Hundreds of online resources including life articles, booklets and

### Family

Parenting and child care  
Education  
Older Adults

### Work

Time management  
Workplace change  
Business travel  
Relocation

CDs which can be downloaded or shipped at no cost to the trainee.

- Access to a wide range of sessions for members including Lunch & Learns; Mediation; Outplacement; Team Building and Innovative customized programs to suit your requirements
- Support for Managers

# McMaster Resources

When members call the EAP, they will hear a recorded message saying that Ceridian LifeWorks adheres to all privacy laws, and that calls will be recorded for training and quality purposes. The consultants will explain confidentiality, privacy and limitations. Callers will need to provide their name, address, and the name of their employer. Remember all information identifying the caller, such as name, address, etc. will be kept confidential.