

## *A Message from our EAP Chair*

We live in a time when many demands are placed on our time. Sometimes the normal day to day stresses can lead to problems within our own lives or in the lives of those closest to us. In a fast-paced world such as ours, we sometimes find ourselves losing our perspective. We may feel our lives are slowly falling apart.

We all need healing in different ways. When we are troubled we sometimes need the help of others to see our way clearly through such times. Christ the Healer understands this need and continues to work today through the skills and talents of those dedicated to healing the human heart, mind and soul. The Employee Assistance Program is a service offered to our employees who are in need of such healing. The EAP encourages our staff to seek personal growth that will enable them to contribute fully to the Catholic education and formation of our young people.

It is our hope that this service will be of assistance to you for those times in life when you may need someone to help you find your way. The service providers in this pamphlet have been chosen for their skills in helping to see our way clearly. We hope you find this service helpful in your desire to seek wholeness and personal growth.

Rosanna Palmieri  
Chair, EAP Steering Committee



## *A Message from our Director of Education*

The Halton Catholic District School Board is dedicated to providing excellence in education. To ensure the success of our system, each of us, serving in our respective roles, spends the majority of our time caring for and meeting the needs of others. In this way, we live out our vocation to love and to serve. The Employee Assistance Program is a recognition that we also need to take care of ourselves, as caregivers.

We all know that the seemingly insignificant stresses we routinely encounter in everyday life can often have detrimental effects on our health and wellbeing. Many of us tend to disregard our personal challenges until we are in the midst of a crisis. Unfortunately, financial limitations may often deter many of us from seeking the much needed support and assistance of a qualified service provider. As followers of Jesus, working within a Catholic faith community, we need to be committed to supporting one another with care, compassion, and encouragement. As an employer, we are ever mindful of the need to address matters related to the professional, personal and emotional wellbeing of our staff.

Our Employee Assistance Program is designed to support employees and their immediate family members through difficult moments in their lives by providing financial assistance for counseling services as outlined within this brochure, and within Board Policy III-4.

It is our hope that the EAP will provide you with both practical assistance, and with a sense of solace at a time when it may be most needed. May God keep you in His grace, and may you continue to feel that you have companions on your journey.

Michael W. Pautler  
Director of Education

## *The Employee Assistance Program Can Help...*

### **Who can access the service providers?**

All employees, their spouse and dependent children may use this service.

### **What kinds of counseling does the Program provide those in need of this service?**

Family Counseling  
Substance Abuse  
Sexual & Family Abuse  
Financial & Credit Counseling  
Stress Management  
Depression & Anxiety  
Religious/Spiritual Counseling  
Addictions

### **What about confidentiality?**

Strictest of confidentiality is maintained between the provider and client.

### **What about the cost of accessing this service?**

Financial support is available in accordance with Board Policy.

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**24 Hour  
Information Hotline:**

**(905) 632-7916**

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Rev. Oct.2010



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Information Hotline:**

**(905) 632-7916**

*You are not alone...*



## Employee Assistance Service Providers



### Bayridge Family Center

1295 North Service Road, Burlington  
Tel: 905-319-1488

- Community based family care center
- Male & female counselors
- All therapists are qualified with either a Masters degree, or equivalent
- All therapists are registered with the appropriate provincial professional governing body
- Couple & Family Therapy in conflict resolution, communication issues, blended families
- Spiritual Counseling
- Child & Adolescent counseling
- Alcohol & Drug Abuse
- Anxiety & Mood Disorders

**Eileen Beltzner, C.Y.C. (Cert.)/B.A./M.S.W./R.S.W.**

38 Forsythe Street, Oakville  
905-339-3942

- Over 25 years of training in or professional experience with adults and children encompassing: Relationship Issues/Postpartum Depression/Parenting Concerns/Beginnings and Endings/Grief/Sadness/Loss/Trauma/Stress/Worry/Separation/Divorce/Childhood Disorders or Addictions
- Advanced knowledge and skills in treating Mood Disorders in adults, adolescents and children
- Extensive training in Cognitive Behavioural Therapy (CBT), Hypnotherapy, Brief Therapy and "Stress Busting" techniques
- Evening appointments available

### Catholic Family Services 201 - 447 Main Street East, Hamilton

905 527-3823 [www.cfshw.com](http://www.cfshw.com)

- Offices available in the City of Hamilton and Halton Region
- 24 hour emergency access to service
- Appointments scheduled within 48 hours
- Day and evening appointments
- 1 800 line available 24 hours a day from anywhere in Canada
- Credit counseling
- Walk in counseling clinic
- Support and intervention for seniors
- Parenting programs
- Abuse services
- Individual, couples and family counseling
- Hamilton office has free day-care during some appointment times

### Debra Cavanagh B.A./B.S.W./R.S.W.

2075 Walkers Line, Burlington  
905-220-9058 or 905-315-1542

- Offices available in Burlington, Oakville and Milton
- 24 years of experience as an individual, marital, family and child counselor
- Advanced knowledge and skills in assessment, treatment of anxiety, depression, and stress
- Extensive experience in working with family and relationship issues – marital breakdowns and step family dynamics
- Extensive experience with the use of Cognitive Behavioural Therapy (CBT)
- 24 hour return call guarantee, appointment within one week
- Available for appointments on week-ends and evenings
- Solution Focused Therapy, short term consultation

### Cara Grosset M.S.W./R.S.W.

86 Homewood Avenue, Top Floor, Hamilton  
905-577-0605

- Over 19 years of experience working with children, teens, families and individuals being impacted by stress, anxiety, depression, bereavement, anger management, parenting issues, separation and divorce

- Certified in Thanatology (Death, Dying and Bereavement)
- Highly skilled in crisis intervention, trauma counselling and critical incident stress management
- 24 hour return call guarantee, appointment within one week

### Jim Harkins

#### Family Adolescent Straight Talk (F.A.S.T./ Courage to Change

484 Kerr Street, Oakville  
905-469-6338 or 1-888-651-5186  
[www.familytalk.ca](http://www.familytalk.ca)

- Offices available in Oakville and Milton
- 24/7 phone service
- Services available 365 days a year
- 1 888 line available
- On staff; Psychiatrist, Medical Doctor (Psychotherapist), four (4) Master Social Workers and Addiction Counselors
- Appointments scheduled same day, if necessary or within 24 hours
- Full range of services available
- Expertise in addictions, behavioural issues, crisis intervention, relapse prevention, anger management
- Individual, couples and family counseling
- Strong focus on drug abuse in schools

### Liz Hopkins, M.S.W., B.A./B.S.W.

101 - 400 Bronte Street South, Milton  
905-875-2575 ext. 223

- 33 years experience as an individual, marital, family and child therapist
- extensive knowledge and expertise in the area of separation, divorce, families in transition/change, blended families
- have worked for the the Office of the Children's Lawyer for 11 years in my private practice
- parent/child or adolescent conflict
- mood disorders, such as depression and anxiety in children and adults
- solution-focused therapist
- evening appointment available
- 24 hour call return guaranteed, with

appointment as soon as possible

**Lynn Lukianow, HBA Psych., M. Div.  
Counselling**

#### Individual & Family Counsellor

**HOPE CONNECTION (Georgetown)  
416-577-4673 [hopeconnection@gmail.com](mailto:hopeconnection@gmail.com)**

- Suffering from depression, grief, anxiety?
- 3 weeks to a more joyous you!
- Stress & burnout a specialty
- Day and evening appointments available

**Dr. Martin Smith, Ph.D., M.A.**

280 Plains Road West, Burlington  
905-527-8881

- Marital & Family Counseling – including dysfunctional families and abusive or addictive family systems
- Addictions
- Personal Growth Issues
- Stress Management
- Family & Individual Counseling

### Spiritual Advisors Only:

#### Burlington

Father Raymond Modeski ..... 905-632-6114  
St. Patrick Church

#### North Halton

Father David Wynec..... 905-873-1887  
Holy Cross Church, Georgetown

#### Oakville

Father John Van Hees..... 905-337-2184  
Mary Mother of God Church

