



# Coaching. Counselling. Peer Support. Resources.

When you need it...



MAP is a confidential service funded by and fully independent of The Law Society of Upper Canada and LawPRO.

## Who can access the MAP?

- ✓ Lawyers
- ✓ Paralegals
- ✓ Judges
- ✓ Licensing process candidates
- ✓ Ontario law school students
- ✓ Students at accredited paralegal colleges

*Includes spouse and children*



PROFESSIONAL AND CONFIDENTIAL SERVICES



Homewood Health is a trusted Canadian company with more than 3 decades of experience providing the best possible support to clients like you. Your confidentiality is guaranteed through an individual's right to privacy protection and enforced within the limits of the law. No personal identifying information whatsoever is disclosed to the Law Society of Upper Canada or LAWPRO.

## Online Resources

Access [www.myassistplan.com](http://www.myassistplan.com) anytime for e-learning, interactive tools, health and wellness assessments, and a library of health, life balance, and workplace articles.

## Peer-To-Peer Support

Receive confidential, non-judgmental, support from a legal fellow professional or student who has gone through similar experiences.

⬇ Please retain the card below for your records.

Counselling | Coaching | Support

**1.855.403.8922**

TTY: 1.866.433.3305

International (Call collect): 514.875.0720

[www.myassistplan.com](http://www.myassistplan.com)



Confidential. Available anytime.

## Counselling

Counselling helps you take practical and effective steps to improve your well-being in a confidential environment.

You can receive counselling from the most highly trained and experienced therapists in the industry who specialize in helping people with:

**Stress · Anxiety · Substance Abuse**  
**Burnout · Marital/Family Issues**  
**Depression · Life Transition/Change**  
**Anger · Career · Grief/Bereavement**  
**Other Personal Issues**

Our counselling is available in person, by telephone, or online. With a provincial network of hundreds of counsellors, appointments are made quickly. We do our best to accommodate your preferences.

## Life Smart Coaching

You can also receive coaching on a variety of subjects:

### Life Balance



- Childcare and Parenting
- Elder and Family Care
- Legal
- Financial

### Health



- Jumpstart your Wellness
- Smoking Cessation
- Nutrition

### Career



- Career Planning
- Workplace Issues
- Pre-Retirement
- Shift Work

**Call 1.855.403.8922**

