

# Online Group Counselling

Participate in online group counselling for anxiety, communication skills for managing relationships and day to day parenting of school-aged children through your Employee and Family Assistance Program (EFAP) services.



Online Group Counselling is a form of therapy where multiple participants discuss their similar issue(s) with a counsellor in a private and secure online setting. Group interactions allow participants to build relationships, receive feedback on how to meet goals and overcome challenges, and gain encouragement from others.

## Why participate in Online Group Counselling

- Research shows that group counselling creates a positive environment for learning and behaviour change
- Immediate help from a counsellor, and sharing and support from like-participants
- Freedom to confidentially attend sessions via any digital platform (personal computer, tablet, smartphone)
- Simple session initiation with no software to install
- Privacy with secure data transmission and storage
- Conveniently available via [workhealthlife.com](https://workhealthlife.com)

## Online Group Counselling program structure

Our Online Group Counselling program is currently available for individuals seeking help for anxiety, communication skills for managing relationships and day to day parenting of school-aged children. Online Group Counselling consists of four one hour sessions with each group consisting of eight to ten participants (from organizations other than your own). Group work includes in-session online activities, homework and self-guided learning modules.

## How to get started with Online Group Counselling

- Contact the EFAP Care Access Centre 24/7
- This program is available for individuals seeking help for: anxiety, communication skills for managing relationships and day to day parenting of school-aged children.
- Follow the instructions in your Online Group Counselling welcome email

**For 24/7 confidential EAP support:**

**Visit LifeWorks online:**