

Catalogp4 3.312 -5.768 8980an S4 3.31 38 0 Eescripalth Snc

# Plan Smart

## Lifestyle and Specialty Counselling

Life Balance Solutions | Health Smart Coaching Services | Career Smart Counselling Services

# Table of Contents

## Life Balance Solutions

New Parent Support	3
Childcare and Parenting	4
Elder and Family Care	5
Relationship Solutions	6
Financial Consultation	7
Legal Advisory	8

## Health Smart Coaching Services

12 Weeks to Wellness	9
Nutritional Counselling	10
Smoking Cessation	11

## Career Smart Counselling Services

Career Counselling	12
Pre-Retirement Planning	13
Shift Worker Support	14



Having a baby is one of the most special times in a person's life. For both moms and dads, looking after that precious miracle of life is incredibly rewarding...and a little daunting. Most of us don't receive any formal training when it comes to parenting a newborn, but with some education and

doing all the right things.

### Be assured your baby's needs are being met!

- **Need practical advice?** Being responsible for a baby's many needs leaves some parents feeling overwhelmed. We can provide answers to ease your concerns.
- **Feeling a little blue?** Many women experience mood swings after giving birth. If you have postpartum blues, talking it over with a professional can be helpful.
- **New to fatherhood?** Because babies don't come into the

ActualDC ies '25 ? Man22sActualTextm03005C15 su,03005C1sNt5 -1.4 Td()-450 ( )J#MC 1.5 0 Td(ActualDC ies '25)TjTTO 1 Tf()





**Balancing career responsibilities with family responsibilities is the reality for most of us, and generally we manage just**

**demands of caring for an elderly or ill**

**particularly heavy load, having a professional point you in the right direction may be all that you need to relieve your stress and anxieties.**

### **Be in control of your work-life responsibilities!**

- **Need to resolve an elderly loved one's housing problem?** We can do the research and work with you to develop a suitable plan.
- **Worried about your parents' future?** Our eldercare specialists will work with you to plan for a range of possibilities.
- **Coordinating distant care?** information you need, whether your loved one lives across the country or across the world.
- **Need palliative or respite care?** We can source

### **One call is all it takes to get started.**

Plan Smart empowers you with the information and support you need to help your elderly or ill loved one and help you maintain work-life balance. We make it simple to get started and guide you step-by-step. When you call our Client Services Centre, here's what you can expect:

1. We ask a few questions to make sure you receive the customized service that will be most helpful.
2. We arrange for one of our caregiving specialists to call you and walk you through the types of support that you resources, and printed materials, personalized for you.
3. We'll be in touch with you as often as you need while you're using the materials, and help you build the



Finding the time to care for, and nurture, our intimate relationships with others can be challenging. Relationship Solutions will help you take a proactive approach to enhancing your relationships. Coaching and a Relationship Solutions resource kit are included in this service.

### Enhance your relationship!

- **Need help communicating with your loved one?** We can help you learn the importance of communication, honesty, and forgiveness.
- **Want to get the spark back?** We can help couples relate to each other so they can keep the relationship fresh.
- **Juggling kids, work, and your love life?** Today's couples are busy. We can provide tips to help you learn how to make time for each other.
- [Learn how to work](#)  
and appreciate each other's point of view.

### The Relationship Solutions resource kit includes:

- A two-part educational workbook with information on how to enhance communication, and a series of exercises designed to encourage you, and your partner, to re-engage with each other.
- A recognized and respected relationship self-help book, focused on improving relationship communication and
- Additional tools to support behaviour change in a fun and meaningful way.

ever feel uncertain or overwhelmed, about any issue, we can also arrange counselling. Counselling services can be online.



Plan Smart can help you enhance your relationship.



### **One call is all it takes to get started.**

Plan Smart empowers you with the information and support

make it simple to get started and guide you step-by-step. When you call our Client Services Centre, here's what you can expect:

1. We ask a few questions to make sure you receive the customized service that will be most helpful.

**possible. By taking the right steps you can**

**help you gain control of your money.**

- **Want to be in control of your money?** We can help you assess your situation, develop a budget, and create
- **In over your head?** We'll explore debt resolution options with you and establish an orderly payment of debts program.
- **Not sure what a FICO score is?** We can work with you to accurate and working for you.
- **Coping with a life transition?** If you're struggling with an illness or disability, job loss or job transition, separation or divorce, or imminent retirement, we can help.



**Are you feeling a little bewildered and overwhelmed when it comes to sorting out helpful lawyer? Our Legal Advisory service provides easy and convenient access to a network of experienced lawyers.**

- **Going through a separation?** We can help you work out child custody and visitation rights.
- **Want to take someone to small claims court?** We can
- **Avoiding writing your will?** We can help you so you can unexpected happen.
- **Wondering what your rights are in a landlord-tenant dispute?** Whether you are the tenant or the landlord, a legal opinion can be very helpful.

### **One call is all it takes to get started.**

Plan Smart empowers you with the information and support

simple to get started and guide you step-by-step. When you call our Client Services Centre, here's what you can expect:

receive the customized service that will be most helpful.





**Ready to take your health and well-being to the next level? Our program may be what you are looking for. Our program uses a comprehensive, self-directed approach to support behaviour change. You will have access to life coaching, nutritional counselling, and health risk assessment over a 12-week period.**

- **Not sure where to begin?** You can start with a health risk assessment to identify any health issues, and from there our experts work with you to develop a personalized plan.
- Our program includes a workbook and a stress assessment, all geared to develop new habits you can stick with.
- Our experts can help you take a holistic approach to address your needs and improve your overall health and well-being.
- **Need to support other lifestyle changes?** Maybe you've just quit smoking or drinking, or made some other major change. Committing to a 12 week comprehensive program can be the boost you need to succeed.

### **One call is all it takes to get started.**

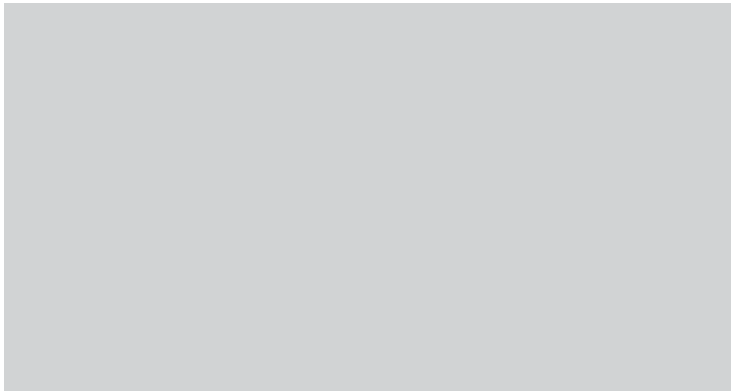
Plan Smart empowers you with the information and support you need to take a comprehensive approach to behaviour change. We make it simple to get started and guide you step-by-step. When you call our Client Services Centre, here's what you can expect:

1. We ask a few questions to make sure you receive the customized service that will be most helpful.
2. We arrange for a 12 Weeks to Wellness expert to set you up with a health risk assessment, coaching, counselling, and personal training.
3. You also receive a 12 Weeks to Wellness Workbook, nutritional counselling (optional), and a self-assessment stress management tool.

**ever feel uncertain or overwhelmed, about any issue, we can also arrange counselling. Counselling services can be online.**



**Plan Smart can help you take a holistic approach to health and wellness.**





If you are a smoker who has tried quitting, is very addictive and quitting requires considerable planning, determination, and courage. Our program addresses the psychological and physical dependence and creates a foundation for successful behaviour change.

### Be a healthy, happy ex-smoker!

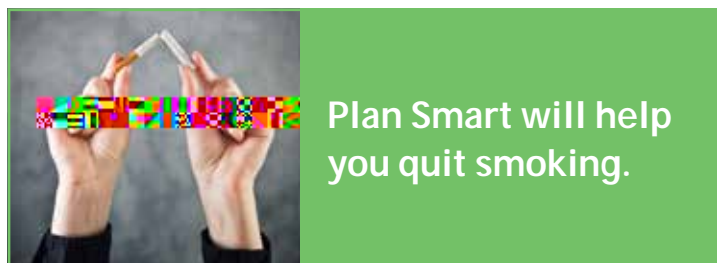
- **Need a personal coach?** We can help you decide to quit, of methods to use, and we will be there to support you if you are tempted to pick up a cigarette again.
- **Dealing with withdrawal?** If you are feeling depressed, have trouble sleeping or concentrating, or have developed an increased appetite, we can help with suggestions and support.
- **Need to 'unlink' from your triggers?** If smoking has overcome the mental challenges of quitting.
- **Ready to make lifestyle changes?** If you want to make other changes such as starting an exercise program, eating healthy, or taking up meditation in order to feel better, we can make recommendations that will support you moving forward.

### One call is all it takes to get started.

Plan Smart empowers you with the information and support you need to help you quit smoking and remain smoke-free. We make it simple to start and guide you step-by-step. When you call our Client Services Centre, here's what you can expect:

1. We will receive the customized service that will be most helpful.
2. We arrange for one of our counsellors to call you and walk you through the types of support that you could receive, such as printed materials, and more.
3. We'll be there to provide one-on-one coaching as needed.

Whenever you ever feel uncertain or overwhelmed, about any issue, we can also arrange counselling. Counselling services can be available online.





Ready to take your career to the next level...but not sure what that might look like? Working with a career specialist can help you identify and articulate your skills, aptitudes, values, personality traits, and interests as they relate to career choice. We help you with career planning that matches your goals.

### Be in the right job for you!

- If you are considering a career change, getting professional advice on what to do can help.

- **Concerned about starting a new job?** Stepping into a new job can be challenging. If you are





Are you excited or apprehensive about retiring? Fortunately, with a little advanced planning, your retirement years can be everything you hoped for and more. We can help you get mentally,



If you work at times outside of 7:00 a.m.-

wake-sleep pattern, and the strain shift work can put on your health, well-being, family, and social life. We can help you

**Stay healthy and safe while working shifts!**

- Not getting enough sleep



About Homewood Health

Contact Us