

## Welcome to the Members Assistance Website

Written by Administrator

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Your Union has put together one of the best member assistance programs in the country. Counselling services for you and your family are provided, by professional counsellors, in a confidential and caring manner.

This program provides you with assistance for almost any issue that you or your family members may be facing. From fear of Aardvarks to zoophobia. From financial worries to marital issues to work/life balance.

The decision to seek assistance is often difficult. We are often afraid that we will appear weak. Actually, it takes a strong person to recognize that they don't have to carry their burdens by themselves.

If you are unsure as to whether or not you can benefit from our services, review the site and see if there is anything here that may be of assistance to you.