



We Protect Your Confidentiality

Most people want to keep their personal problems private. We believe that privacy is essential in order for you to feel safe to learn and try new solutions. We protect your confidentiality to the full extent of the law. We use specially designed procedures to ensure that your phone call, email message or face to face visit takes place in private. Information regarding privacy and limitations to privacy is available on our website and is posted at our office. Your counsellor will discuss with you any limitations to privacy that apply.

Your Employee Assistance Program is a CONFIDENTIAL, information, counselling and referral service. It is FREE and always just a phone call away.

(Your employer will not know you called us.)

We provide counselling or psychotherapy **in person** or from the comfort of your own home, **by phone** or **secure video sessions**.

CONTACT US

www.cccnip.com
1-888-814-3327

AFTER HOURS

1-800-668-9920

361 McIntyre Street East
North Bay (ON) P1B 1C9

Telephone: 705-472-6515
info@cccnip.com

Community Counselling
Centre of Nipissing



Centre communautaire
de counselling du Nipissing

Community Counselling Centre of Nipissing EAP program is affiliated with the FSEAP national EAP provider network.

Life can be overwhelming...
LET US HELP YOU RISE ABOVE



Call your
Employee Assistance Program (EAP)

Community Counselling
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Has your intimate relationship changed?
Are you tired of being in a relationship
that is just not working?

WE CAN HELP

Are you finding that substances are
ruining your life? Are you tired to trying
to fight a losing battle against drugs or
alcohol?

WE CAN HELP

Do you ever say that you love your job
but can't get along with co-workers? Are
you feeling trapped in a bad situation?

WE CAN HELP

Are you stressed about money? Are you
making only minimum payments on
your debts? Are you receiving calls from
collection agencies?

CALL US TODAY

Understanding Change Can Be Empowering

In this day and age, change is happening
very quickly. Change happens at work,
in our relationships and in our personal
lives. Change can be an opportunity to
grow. Community Counselling Centre
of Nipissing is a full service Employee
Assistance Provider that can help you
face challenging times and thrive.

We have professionally trained experts
to help you with:

- Grief and loss
- Parenting skills
- Managing conflict at work
- Financial pressures and debt
management programs
- Separation and divorce
- Coping with trauma and/or abuse
- Finding work-life balance
- Substance use and misuse and
gambling
- Depression and /or anxiety
- Marriage and building healthy
relationships
- Legal advice

Reach Your Potential

Sometimes change can provide you
with an opportunity to learn a new
skill or understand something that you
didn't before. Your EAP counsellor can
help you with information, strategies
and coaching to bring you to greater
awareness, ease and peace of mind.
Many clients report gaining new in-
sight, skills and becoming more
effective in their work and personal
lives.

Here's what people are saying:

*"(my counsellor's) knowledge has
brought me to a place of healing
that I never thought I could
achieve".*

*"I felt relieved after the phone call...
like there was hope".*

*"EAP changed my life... I can have
chaos going on around me and I
don't need to be in the middle of
it anymore... that has allowed me
freedom".*

