

# MEMBERS ASSISTANCE PROGRAM

## CONFIDENTIAL REFERRAL SERVICES

YOUR UNION OFFERS A  
MEMBERS ASSISTANCE PROGRAM (MAP)  
THROUGH LABOUR COMMUNITY SERVICES.

The MAP is available to help members through difficult times by connecting you with the appropriate professional assistance close to your community as soon as possible.

Locals 175 & 633 members have access to this confidential service providing counselling referrals to professional services for issues such as

- substance abuse
- spousal abuse
- depression
- stress & anxiety
- marital counselling
- financial problems
- legal issues
- grief
- anger
- child care
- affordable housing
- other concerns



CALL SHARON  
LABOUR COMMUNITY SERVICES  
416-977-6888 OR 1-877-801-7762

FRENCH LANGUAGE SERVICES ARE ALSO AVAILABLE

[WWW.UFCW175.COM/ASSISTANCE](http://WWW.UFCW175.COM/ASSISTANCE)

