

# 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

The Local Union for All Workers



KELLY TOSATO  
President

JIM MCLEAN  
Secretary-Treasurer

KAREN VAUGHAN  
Recorder

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

