



Elevate the efficiency of your organization...

Improve employee attendance and productivity...

Enhance the health and well-being of employees and their families...

ALL WITH A CHAMBERS OF COMMERCE GROUP INSURANCE PLAN[®] EMPLOYEE ASSISTANCE PROGRAM FROM ARETE[®] HUMAN RESOURCES INC.

When life's challenges make it difficult to concentrate on work, support for you and your employees is available through the Chambers of Commerce Group Insurance Plan Employee Assistance Program (EAP) - Arive[®]. This confidential service provides access to professional counselling and guidance from experts who understand how coping with personal issues affects absenteeism and productivity on the job.

The Chambers Plan Arive[®] EAP can complement any human resource department. It is also a good solution for businesses without internal HR support to help individuals deal with complex issues best resolved with the assistance of accredited professionals. External one-on-one consultation is often financially out of reach for many employees; through the Chambers Plan Arive[®] EAP, you and your staff now have access to expert advisors and clinical assistance.

Professional Support for Individuals

Confidential, face-to-face counselling¹ with a designated counselling professional, for employees experiencing personal problems, including:

- Family challenges/Personal problems • Work-related difficulties
- Addiction/Dependency concerns • Eldercare issues

Telephone consultation for Nutrition counselling¹

Also includes private telephone consultation for:

- Legal issues² • Financial struggles² • Childcare information

¹up to 12 hours per year per family unit ²up to three hours per year per family unit

Additional Support for Management

Management Guides and Bulletins | Guides and bulletins written by experts who understand the stresses and complexities of employee management on such topics as: handling mental health issues in the workplace, holding better meetings, attracting and retaining great employees, dealing with addiction issues, bridging the generation gap, managing absenteeism, and more.

Critical Incident Stress Debriefing (CISD) | In the event of an armed robbery, unexpected death of a co-worker, major occupational injury or other critical incident - immediate help is available. A counsellor will help you design communications, a support plan, and employee information sessions to best suit the situation. Intervention may be in-person or by telephone, as determined in the initial contact.



Arive[®] is a trademark of Arete[®] Human Resources Inc. who provides the professional services offered under the Employee Assistance Program.

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