

## How to get in touch with EAP

You can contact the offices of the Educator Assistance Program at:

### Winnipeg

McMaster House, 191 Harcourt Street  
Winnipeg, Manitoba R3J 3H2  
Phone: 204-837-5801  
Toll free: 1-800-378-8811  
Fax: 204-831-3083  
Toll free fax: 1-866-713-6071

Leanne Laroche, EAP Administrative Assistant  
[llaroche@mbteach.org](mailto:llaroche@mbteach.org)

### Brandon

153 – 13<sup>th</sup> Street  
Brandon, Manitoba R7A 4P4  
Toll Free: 1-800-555-9336  
Phone: 204-837-5802  
Fax: 1-204-729-8869

Lorette Delaurier, EAP Administrative Assistant  
[ldelaurier@mbteach.org](mailto:ldelaurier@mbteach.org)

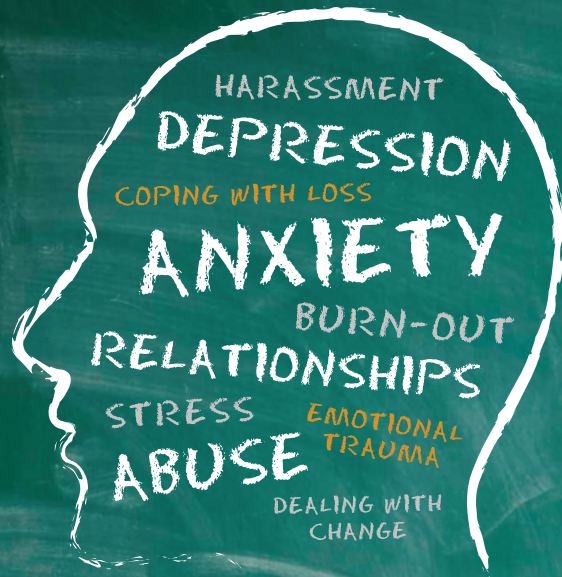
### Information available on many topics at:

<http://www.mbteach.org/health-benefits/eap.html>  
(Click on Web and Print resources to access)

Services are available in English and French.

*We are a confidential MTS service. Independent of school divisions, we understand teaching and teachers.*

June 2019



# WE'RE HERE TO HELP!

Our purpose is to provide confidential and voluntary professional counselling, consultation and referral service to members.

We provide and promote Mental Health Education. When appropriate, we collaborate with other MTS services.



# Educator Assistance Program

## A Helping Hand

Every day teachers encourage students to ask for help when they need it. We at the EAP encourage teachers to do the same. That's why we're here.

Teachers face an array of issues different than those faced by people in other occupations. We understand that because we are a service supported by public school teachers, for public school teachers.

We are a confidential MTS service, independent of school divisions. We understand teaching and teachers.

Frequently asked questions:

### 1. Who is eligible for service?

You are eligible if the issues that you are confronting in your life are impacting your mental health to the degree that you are concerned about your ability to sustain work.

### 2. What types of issues are addressed through EAP counselling?

The professionally qualified team at EAP provide service to members struggling with a wide variety of issues related to work or home, such as stress and anxiety.

However, a number of member issues are better addressed by specialized services. As our goal is to provide the best and most appropriate service to members, we refer members to specialized services for the following when these resources are available in the community:

- Addictions
- Family Violence
- Parenting Skills Development
- Financial Stress
- Fertility Issues
- Chronic Pain and Illness
- Alternate Career Exploration

### 3. How do I access services?

**Step 1:** Telephone your nearest EAP office (Winnipeg or Brandon). When making contact with EAP please ensure you have your Manitoba Teachers' Society membership card number available (not your Teaching Certificate number).

**Step 2:** After you have provided your membership number, and your eligibility for service has been determined you will be asked to do an intake interview. This will be completed over the telephone. Once the intake interview has been completed, an appointment for service will be offered.

### 4. Are services accessible in areas other than Brandon or Winnipeg?

Yes. EAP provides service to rural and remote areas of the Province. SKYPE and telephone services may also be provided.

### 5. Is there a charge for this service?

No. All costs are covered through your MTS dues.

## Faces of EAP Brandon



**Louise  
Lamont**

Louise Lamont, B.G.S., B.Ed.AD., M.Ed. (Guidance and Counselling) is a certified counsellor through the Canadian Counselling and Psychotherapy Association. She has extensive experience working in public schools as she was a school counsellor in Manitoba Schools for 17 years and also worked at Brandon University in the Student Services Department as a counsellor. Her approach is client centered with some interest and training in EMDR (Eye Movement Desensitization & Reprocessing) as well as Cognitive Behavioural Therapy.

## Faces of EAP Winnipeg



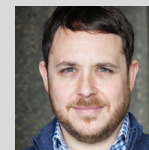
**Angela  
Haig**

Angela Haig, Ph.D., C. Psych., is a Clinical Psychologist. She has worked in the mental health field for 30 years, in both Manitoba and the west coast. She works collaboratively with members in a holistic approach to counselling, with a particular interest in the effect of nutrition on mental health.



**Sylvie  
Ringuette**

Sylvie Ringuette, B. Psych., M.Ed. Counselling, is a Certified Counsellor through the Canadian Counselling and Psychotherapy Association. She has worked with individuals and couples for over 14 years. Her work is client centered with an interest in emotionally focused therapy.



**Zach  
Schnitzer**

Zach Schnitzer M.Ed. Counselling, is a Canadian Certified Counsellor through the Canadian Counselling and Psychotherapy Association. He has worked in private practice, schools, government, and with community counselling agencies. Zach has a client-centered, collaborative approach, with an interest in Cognitive-Behavioural Therapy, Mindfulness, and Emotion-Focused Therapy.