

Professional
counselling
services to support
your health and
well-being



Talk with a qualified professional
who can help you overcome personal
problems that affect your work life,
your family life or your general
well-being

Tina Leist & Associates Inc.

**#40-797 Hillside Ave
Victoria, BC V8T 1Z5
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250-384-1488**



Employee and Family Assistance Program



Confidential personal counselling
services for Saanich School District 63
employees and their dependents



Help when you need it

What is an Employee and Family Assistance Program?

Every person faces unique challenges in their lives. From a crisis situation to day-to-day concerns, whether they're large or small, complex or simple, your Employee and Family Assistance Program (EFAP) helps you effectively manage work, health and life issues.

Saanich School District 63 supports employee health and well-being by providing professional counselling services to employees and their dependents to assist them in working through challenges with complete confidentiality.

What types of services are available?

Independent service provider, Tina Leist & Associates Inc., delivers our EFAP which offers professional counselling, information and referral services. A registered psychologist can help you or your dependents with issues such as job-related stress, interpersonal difficulties, emotional crisis, marital or family conflicts, financial problems, drug or alcohol dependency, psychological disorders, bereavement or career concerns.

How do I use my EFAP?

Who is eligible?

Saanich School District 63 employees, and their dependents, who have met the eligibility criteria for benefit plan coverage are eligible for services under this program.

What is the cost?

The Saanich School District 63 will pay 100% of the cost of up to 12 counselling sessions per calendar year. If you are eligible for this program, you or your dependents do not have to pay for your first 12 sessions per calendar year, per person.

How do I make an appointment?

You or your dependent can simply call the office of Tina Leist & Associates Inc. 250-384-1488.

You will be put in contact with a staff psychologist who will make the necessary arrangements to provide you with appropriate counselling services on a strictly confidential basis. For your convenience, appointment times can be scheduled outside of your work hours.



Is it confidential?

The Saanich School District 63 Employee and Family Assistance Program operates on a strictly confidential basis. Without your written consent, Saanich School District 63 will not be informed that you have inquired about or received EFAP services. During office visits, Tina Leist & Associates Inc. staff will protect your privacy. Program counsellors can provide you with more information about client confidentiality.



Rather than go it alone with difficult issues, get help to feel better and prevent problems in the future with the support of your Employee and Family Assistance Program.

More Questions?

Contact Us

Saanich School District 63
Human Resources/ Health & Safety

250-652-7300