



# Welcome to Kii, a program designed to empower you to live your best life.

We are here to provide you with confidential, immediate support for any health, work or life challenges you may be facing.



## Your membership includes:



### Employee Family Assistance Program (EFAP)

Speak to an advisor for work-related issues, legal or financial help and support with home and family matters.



### Mental Health & Wellness

Access to licensed therapists, no matter the intensity of your challenges. From prevention of to treatment for conditions such as depression, anxiety, stress, grief, trauma and more.



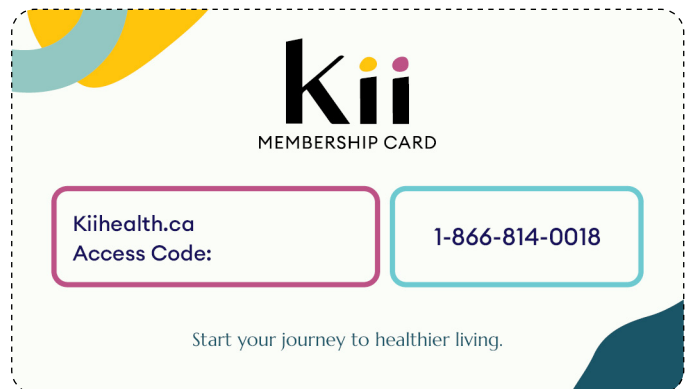
### Reference Library

Access credible health information to learn more about your conditions and treatment plans. Featuring over 90+ health associations and the Mayo Clinic.



### Health & Wellness eNewsletters and Webinars

All members who sign up for Kii online will receive monthly articles, videos and invites to live webinars.



# Empowering better life choices.

Life throws a lot at you and many times, juggling work and personal responsibilities can be overwhelming. We have a wide-variety of services to help you tackle more of your to-do list than ever before.

## Legal Advice

in areas such as Family Law, Wills, Bankruptcy, Estate planning and Real Estate

## Financial Advice

in areas such as Budgeting, Financial Planning, Credit Support, Debt Management, Mortgages

## Life Coaching

with a certified life coach to help overcome perceived obstacles, set goals and realize your potential.

## Daily Living Consultation

to support day-to day responsibilities such as finding childcare/eldercare, chores, pet obedience, moving, home repair and more.

## Health & Wellness Advisors

can support with nutrition, smoking cessation, better sleep and mindfulness.



# We can support you in a variety of areas.

- Addiction and substance use
- ADHD
- Anger management
- Anxiety and depression
- Body image
- Setting Boundaries
- Caregiver stress and support
- Chronic pain and illness
- Financial stress
- Grief and loss
- Gender and sexuality
- LGBTQIA+
- Life transitions
- Men's issues and masculinity
- Parenting and family issues
- Perfectionism
- Personal development
- Relationship issues
- Self-esteem
- Social anxiety
- Work stress
- And More...

# Empowering better mental health.

Personal challenges might be impacting or affecting your mindset or ability to be your best self. We provide a wide variety of options to help you feel your best.

## Counselling

Short-term support that can be accessed virtually, on the phone or in-person to help with stress, family issues such as divorce or parenting.

## MindBeacon™ Guided CBT Program

Your therapist guides you through an online CBT program of readings and

exercises to help you improve your resilience and face life's challenges.

Our counsellors are a team of highly qualified mental health professionals with a high level of experience dealing with a wide range of issues. They provide a supportive and understanding environment to help you address and resolve your problems.

## Things that you may have on your mind

### Will anyone know I'm using Kii?

All access to services are kept strictly confidential within the limits of the law. This means we will not disclose any information about you or your family to anyone without your consent.

### How can I be sure this will be right for me?

We have professionals who are trained in delivering care with sensitivity to differences in spiritual, cultural, race, language, disabilities, gender, and sexual orientation.

### What's the cost?

There is no cost to you or your family to use Kii. This program has been provided to you by your employer. If you need more specialized support that isn't covered by the program, your nurse can suggest an appropriate care plan and help you navigate coverage via other benefits and/or the public health care system.

### Am I going to be waiting forever when I call?

A real-life person (Kii doesn't use bots!) will answer the phone within minutes and the person answering is actually a highly skilled nurse. You'll answer a few questions and then be directed directly to the service best suited to support you.

### Do I have to download an app? How complicated is it to access this online?

There is no app to download! You can access Kii via a browser on your phone, computer or tablet. Creating an account takes less than a minute and our online experience is seamless and easy to navigate.