



Employee Transition Supports

Employee Family Assistance Program (EFAP)

The EFAP is a confidential program provided by an external provider – Morneau Shepell.

Through EFAP, all employees and immediate family members have access to professional assistance and counselling to help with challenges in daily life - both at work and at home.

EFAP is confidential.

Employees can access Morneau Shepell 24 hours a day, 7 days a week at:

1-844-880-9142 or workhealthlife.com

**Mark Romanow
Onsite Counsellor – Morneau Shepell**

Contact Mark directly to setup an appointment: phone or text him at: 780-293-3162

Mark Romanow is a counsellor with more than 21 years of experience in the health care field. Mark has developed his career working as a Primary Care and Family Counsellor, with a special interest in Mental Health and Addictions. Mark is affiliated with Morneau Shepell as a specially trained trauma services counsellor. He has served as an elected member to the Saskatchewan Association of Chemical Dependency Workers. Under his leadership with the Association, he developed standards of professional conduct and care for the Ministry of Health. Mark began his private practice in 2014 and is a nationally certified counsellor with the Canadian Addiction Counsellors Certification Federation.

During his time off, Mark enjoys camping, fishing, golfing and nature photography.

Mark considers it a privilege over his career to be part of helping individuals enhance their lives regardless of the circumstance.

<ul style="list-style-type: none"> • Financial Referral • Nutrition and Weight Management • Elder Care • Child Care & Parenting Skills • Drug & Substance Abuse • Depression & Anxiety • Smoking Cessation • Legal Referral • Counselling 	<ul style="list-style-type: none"> • Personal & Professional Stress • Life Transitions • Balance in Life • Taking Control of Stress • Responsible Optimism • Taking Control of Anger • Mental & Physical Health • Fatigue & Sleep • Death, Grief, & Loss
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