

# EMPLOYEE WELLNESS



## CAPSTONE CENTER

Counseling • Education • Consulting



“If you look after your staff, they will look after your customers. It’s that simple.” - Richard Branson

### What is the Capstone Center Wellness Program?

Our Employee Wellness Program assists businesses, non-profits and their employees to navigate workplace and personal challenges through education and supportive counseling.

Our program has a strong mental health component which can stand alone or be used with a company’s existing wellness initiative.

Research shows employee wellness services can benefit organizations by:

- Increasing productivity
- Decreasing absenteeism & lost revenue
- Improving morale & loyalty
- Teaching new skills
- Providing resources and referrals



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## How Does the Program Work?

As a member of Capstone's Employee Wellness Program, your employees and their immediate family members have access to a number of free professional counseling sessions and referral services. Employees can contact a counselor directly to set up an appointment. Our services are confidential and right to privacy is legally protected.

In most cases, group support sessions or presentations can be provided at your location. Below are some of the issues we address.

- Bereavement
  - Caregiving
  - Grief and loss issues
  - Self-care and relaxation
  - Legal issues\*
  - Substance abuse\*
  - Suicide and suicide loss
  - Work-life balance
  - Life transitions
  - Stress management
  - Financial Issues\*
- \* issues will be referred.

## Our Fees

Our basic employee wellness package is available for a nominal fee per employee, or talk to us about customizing your plan to meet the unique needs of your organization.

## Connect with Us

Please contact us for more information about Capstone Employee Wellness Program or other services provided by Capstone Center.



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