



Retirement Planning Program

Prepare for your retirement with confidence with helpful advice and resources through your Employee and Family Assistance Program (EFAP).

Retirement offers more choices and opportunities than ever before. Will you focus on your interests and hobbies, travel more, or maybe start a new career? The program (offered a component of our Career Counselling service) alleviate stress and apprehension by providing tips and manageable solutions to ensure a happy, successful transition into retirement.

How it works

Access the program through one call to our Care Access Centre. Your Client Care Representative will match you with a counsellor who will work with you via sessions over the telephone to assess your needs and explore options as you plan for your future.

The Retirement Planning Program explores:

- The key elements needed to set and achieve retirement savings goals
- How to make appropriate investment decisions
- Various sources of retirement income
- How to budget for various phases of retirement
- The steps needed to successfully transition from work to retirement
- The emotional, mental, and physical changes, challenges, and rewards of the aging process

The result

You will be better able to perceive, process, and respond to stressful situations and take proactive ownership of your retirement. stressors. Your resiliency coach will help you get on the road to achieving the positive outlook and self confidence you desire.

