



ANISHINABEK NATION

Your Community Assistance Program (CAP) Get to know your Program



Everyone faces challenging and stressful events in their lives. Most of the time we can handle these situations ourselves; other times we could benefit from some support.

Your CAP is a professional, confidential, and proactive service to support you with a wide range of personal, family, and work-related concerns.

What benefits are available to me?

Your CAP is here for you whenever you need it, 24 hours a day, seven days a week, 365 days of the year.

Note: If you work for an organization that already provides a similar service through your group benefits program we recommend you start with that service first.

Within a confidential environment you can receive counselling for any challenge — whether it's a first step in facing a possible addiction, or managing day-to-day stress.

We guarantee your confidentiality.

We are Homewood Health, a trusted company with years of experience delivering the best possible support for clients like you. Everyone is guaranteed confidentiality within the limits of the law. You won't be identified to anybody — including your community organization.

People frequently use an CAP for personal challenges such as relationship concerns, family or parenting issues, anxiety, depression, addictions, grief, coping with health issues, or work-related challenges.

We will match you with a counsellor who suits your needs and provide you with short-term solutions. You will have access to the counsellor for up to 3 sessions.

If you are identified as requiring additional, longer-term treatment or specialized support, our counsellors will refer you to community-based resources and programs which suit your unique needs.

Contact us to learn more.

1-800-663-1142

TTY: 1-888-384-1152

International (Call Collect): 604-689-1717

Numéro sans frais - en français : 1-866-398-9505

The following are questions you should be prepared to answer. Your answers will be kept confidential at all times.

1. Which organization/program are you a part of? In this case it's the Anishinabek Nation Community Assistance Program.
2. Which First Nation are you from? Alternatively, you can provide the first 3 digits of your Status card.
3. Do you reside on or off reserve?

How does the counselling program work?

Counselling services can be offered face-to-face, over the phone or through video chat. Face-to-face meetings can take place where available, however due to the current pandemic situation and consideration to everyone's safety, in person sessions may not be possible.

Offices are local and appointments are made quickly, with your convenience in mind. If you have a preference for location, gender, or appointment time, we'll do our best to accommodate your preferences.

What if I'm in crisis?

Homewood Health staff are prepared to take your call 24 hours a day, seven days a week. Help is always available.

To speak to someone in confidence, for crisis services (24 hours a day) or to book an appointment contact us today by calling the number below

ACCESS IS EASY

No matter when, no matter where, you have free confidential support by phone

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an advisory & brokerage firm