

Respite for **ALL**

Support for Working Caregivers – Because You Matter!

Balancing work and caregiving is tough — you're not alone. Many employees care for a loved one while working full-time, leading to stress, exhaustion, and burnout. That's why we created Respite for ALL — to give you a much-needed break.

What's Included:

- 10 hours of **FREE** Home-Based Respite Support. Let a trained support worker care for your loved one, so you can recharge.
- FREE** Mental Health Counselling Sessions. Access to up to five hours of virtual counselling sessions with licensed therapists and one year subscription to internet-based Cognitive Behavioural Therapy.

Who Can Apply?

You may be eligible if you:

- Work at least 30 hours per week
- Provide unpaid care to a loved one (parent, grandparent, child, etc.)

How it Works

It's Easy to Get Started:

- 1 You complete a short digital form
- 2 We confirm your eligibility
- 3 You're matched with a respite worker
- 4 You book your free counselling sessions

Why This Matters?

Respite for ALL gives you time to rest, recharge, and care for yourself—so you can keep caring for the people you love.

Apply Today! It's Free and Simple.

Click <http://bit.ly/RespiteForALL>

or scan the QR code to apply



Questions? Contact us at MialdBazaz@sehc.com



Health



GreenShield™

JUST LIKE FAMILY
HOME CARE
Service Partner

