

## **Aquaculture Farm Assistance Program FAQ**

### **What is the Aquaculture Farm Assistance Program?**

The Aquaculture Farm Assistance Program (AFAP) is a service that provides confidential, professional counselling services to aquaculture members and their families. The program recognizes that some problems and obstacles can affect home life and work performance. When this happens, help may be required in resolving these problems through the assistance of a trained professional counsellor. These counsellors are trained to provide short-term counselling or refer you to other professional services and resources in the community.

### **Who Qualifies?**

Members, their immediate family, and farm employees qualify for this service.

### **What kind of problems does the AFAP help resolve?**

The AFAP will help you deal with a wide range of obstacles that affect your personal well-being and work performance. These problems may include work or family pressures, job stress, alcohol or drug dependency, marital problems, children's issues or other conflict. The AFAP counselors have a wide range of experience in a variety of problem areas including:

- Stress and anxiety
- Trauma/critical illness
- Alcohol and drug misuse
- Bereavement
- Couple and marital
- Depression
- Elder care concerns
- Family matters/parenting concerns
- Counselling with children and teens
- Legal matters
- Financial concerns
- Learning disabilities
- Grief counselling
- Career counselling
- Anger management

### **Is this service confidential?**

Yes, your privacy is protected by strict confidentiality laws and regulations and by professional ethical standards for counsellors. The details of your discussions with the counsellor will not be released to anyone including management, without your written consent, with the exception when information must be provided to others, whether or not consent is given such as when a person appears to post a threat of serious injury to

themselves or others. Counsellors are also legally required to report suspicion of child abuse and to disclose information required by law.

### **How do I contact a AFAP Counsellor?**

Please call 902-626-9787 where you can get in touch with a counsellor or feel free to contact the counsellors directly at the numbers listed below. AFAP counselling hours are flexible, therefore appointments will be made at the earliest convenience.

### **AFAP Contact Information**

Frank Bulger	902-626-9787
Wendy Holm	902-786-4656
Jan Henry	782-377-4506 and via zoom

### **Are there any costs for the AFAP services?**

100% coverage for Alliance members (up to 3 sessions per member per year)

### **Our AFAP Counsellors**

The AFAP is provided by Atlantic Employee Assistance Providers providing confidential and professional counselling services. The counsellors have the highest accreditations in their respective fields, along with many years of experience. Our counsellors can offer their expertise in many areas. The following associate counsellors have been chosen to offer you services:

Jan Henry, M.S.W. – Registered Social Worker  
Frank Bulger, M.S.W. – Registered Social Worker  
Wendy Holm, M.S.W - Registered Social Worker

### **Mailing address**

498 Lower Malpeque Rd,  
Charlottetown, PE, C1E 0P3

**Email:** [fpbulger@hotmail.com](mailto:fpbulger@hotmail.com)

For more information or to schedule an appointment, call 902-626-9787 or any of the counsellors listed above.