

# CONNECTIONS

HEALTH ASSISTANCE PROGRAM



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## Introduction

Juss Connections CC provides Employee Assistance Programs with a difference, concentrating on Total Wellness, focusing on the body, mind and soul.



## Individual and Group Counselling

- Family support services
- Individual problems
- Substance Abuse
- HIV/AIDS
- Work related problems \ • Trauma counselling
- Spiritual counselling



## Mind

Achieve presence and peace of mind with good cognitive and mind body health

## Body

Care of body with natural diet, exercise, prevention, natural remedies, restful sleep and relaxation

## Soul

Achieve a deeper connection with own spirit and others regardless of personal beliefs

## Services Provided:

- Individual Counselling
- Group Counselling
- Workshops/Training
- Assessment
- Moderation
- Facilitation
- Skills Development  
(Compiling training manuals)

## Workshops/Training

- How to set up an EAP worksite programme
- Team-building
- Emotional Intelligence
- Stress Management
- Capacity Building for NGOs
- Managing Depression! Anxiety in the workplace
- HIV / AIDS workplace programmes
- Substance Abuse in the workplace
- Conflict Resolution
- Staff Debriefing
- Pre-test and Post-test VCT Counseling
- Wellness Programme  
(addressing Body, Mind & Soul)

