



Get help with your relationship sooner

Research shows that couples
are unhappy for an average
of six years before
getting help.

Reach out early.

Access counselling and other wellness
tools through your Employee
Assistance coverage at
wellness.mb.bluecross.ca.

Access your
Employee Assistance
Program today.

Manitoba Blue Cross Employee Assistance Centre

599 Empress Street
P: 204.786.8880
TF: 1.800.590.5553
mb.bluecross.ca

*For the Deaf, hard-of-hearing
and speech-impaired
community, our EA centre
can receive VRS calls.*



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be resilient.