



Judges
Counselling
Program
*Confidential
assistance for
judges and
their families*

Programme
de consultation
pour la magistrature
*Soutien confidentiel
aux juges et à
leurs familles*

1-866-872-6336
www.jcp.ca
www.pcmagis.ca

Dear Colleague:

On behalf of the Advisory Board of Directors of the Judges Counselling Program (JCP), I wish to congratulate you and your family on your recent appointment and provide you with some information about the JCP.

The JCP was established in 1995 under the leadership of Justice William Vancise of the Court of Appeal for Saskatchewan, the direction of the Canadian Superior Courts Judges Association, and with the administrative and financial assistance of the Office of the Commissioner for Federal Judicial Affairs. Its purpose is to provide access to short-term professional counselling in both French and English on a confidential basis for judges and their families, including spouses, partners of either sex, and children, whether living at home or elsewhere. Provincial court judges and their families (and in some provinces masters and justices of the peace) also participate in the program. The JCP website – www.jcp.ca (English) or www.pcmagis.ca (French) – provides information about the Program including a summary of the services provided, frequently asked questions about the Program and a list of the directors of our Advisory Boards.

The JCP is a non-profit corporation established to administer the Program and to contract with a service provider. Our service provider, Shepell-fgi, is a Canadian firm with an international reputation. It has counsellors, either on staff or under contract, across Canada and elsewhere. Shepell-fgi, as noted in the brochure, has a 24-hour 1-866 telephone counselling service and guarantees that in the case of an emergency a person will be seen by a counsellor within 24 hours. At least one of your colleagues from each province serves as a director of the JCP and he/she or any of the other directors are always available for information and assistance.

The services to the judiciary and their families are threefold:

- 1) **Counselling.** This service provides diagnosis/assessment and counselling for a wide range of issues, including for example, emotional or psychological problems caused by stress (whether job related or induced by external factors such as family or personal problems), relationships, and bereavement.
- 2) **Worklife Solutions.** This service provides information and resources on a wide range of issues that may affect you and your family such as eldercare information for a parent anywhere in Canada, nutritional counselling and financial and legal services.
- 3) **Judges Trial Support Service.** In 2007 the scope of the Program's services was expanded to include assistance and counselling/training (as a preventative measure) for judges (and their families) who have been assigned to preside over high-profile, difficult, and traumatic cases.

Our contract with Shepell·fgi currently provides for a relatively short-term assessment and counselling service (approximately 4-6 hours on average). If longer term or more specialized counselling or therapy is required, Shepell·fgi will provide advice and assistance in making arrangements for extended services. The cost of any extended services is not covered by the JCP and would have to be funded either through the federal/provincial medicare programs, such other insurance as may be in place, or personally.

Shepell·fgi has a website which provides access to health and other information exclusively to its clients whose employees are covered under "Employee Assistance Plans" or, in our case, the JCP. The website is www.fgiworldmembers.com. The User ID is: judges. The password is: judges101. The website has a "keyword search" function, whereby you can obtain good current information on such topics as "heart", "cancer", "stress", etc.

If you or a family member requires professional assistance, please call the JCP dedicated telephone number:

1-866-872-6336 - 24 hours a day, 7 days a week.
TDD 1-800-363-6270 (hearing impaired).

You will be required to identify yourself as a member or family member of the judiciary and the appropriate referral will be made.

Enclosed are copies of our current brochure and contact information for the JCP Advisory Board of directors representing the federal judiciary in each province.

I wish you well in your new career.

Yours truly,

A handwritten signature in black ink, appearing to read 'M. Thomson', written in a cursive style.

Justice Michael Thomson
President, JCP