

EAP Summary of Services

Helping you get to your happy place

The Employee Assistance Program (EAP) is a **FREE** and **CONFIDENTIAL** benefit that can assist you, your dependents, and household family members with any personal life problems, large or small.

Confidential Coaching and Counseling access to masters-level counselors in person, over the phone, or online for concerns such as:

- **Stress and Burnout**
- **Relationships and Family**
- **Depression and Anxiety**
- **Alcohol and Drug Use**

Work/ Life Balance Services

Cascade will help locate resources related to Eldercare, Childcare, Identity Theft, Housing, Pet Parent Support or anything else you may need.

Legal

Call for a free consultation, and then receive a discount thereafter.

Financial Coaching

Coaches will help you develop a plan to improve your financial well-being.

Well-being Tools

- **Will Kit Questionnaire**
- **Online Legal Tools**
- **Tax Preparation Q&A and discounted services**
- **Gym Membership Discounts**
- **Life Coaching**

EAP Member Site

Access innovative tools, chat for support, view videos and webinars, and more.
Access at www.cascadecenters.com, select 'Member Log-In', register as a new user or log-in.
Enter your company name when you register.

Crisis Counselors are available 24/7/365

call: 800-433-2320 text: 503-850-7721 email: info@cascadecenters.com

