

# EAP Summary of Services

A benefit for you and your family members provided by Pacific NW Consulting Engineers Health & Welfare Trust

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

## Personal Consultation with an EAP Professional

Six (6) counseling sessions face to face, over the phone, or online for concerns such as:

- Marital conflict
- Conflict at work
- Depression
- Stress management
- Family relationships
- Anxiety
- Alcohol or drug abuse
- Grieving a loss
- Career development services

## Work / Family / Life

Cascade will help locate resources and information related to Eldercare, Childcare, Identity Theft or anything else you may need.

## Legal Consultations / Mediation

Call Cascade for a free 30 minute office or telephone consultation. A 25% discount from the attorney's/mediator's normal hourly rate is available thereafter.

## Financial Coaching

Coaches will provide 30 consecutive days of financial coaching to help develop better spending habits, reduce debt, improve credit, increase savings, and plan for retirement.

## Home Ownership Program

Assistance and discounts for buying, selling, and refinancing.

## Gym Membership Discounts

Discounts for gym and studio memberships, nutrition programs, and wellness resources. Go to: [www.globalfit.com/cascadeEAP](http://www.globalfit.com/cascadeEAP).

## EAP Tools

- Will Kit Questionnaire and Free Simple Will
- Tax Preparation Q&A and discounted services
- Life Coaching for personal or professional goals
- Online Legal Tools with free forms

## Cascade Personal Advantage

Innovative educational tools allowing you to manage your stress and improve quality of life. Chat live with an EAP counselor, take self-assessments, view videos, access personal growth courses, download documents, and more.

To Access: 1) Go to [www.cascadecenters.com](http://www.cascadecenters.com) 2) Click "Member Log-In" 3) Register as a new user

4) For company name enter: **PNCEHWT**

## Cascade Personal Wellness – Powered by Hubbub

Join and participate in an endless variety of healthy challenges and activities. Connect with your friends and coworkers, earn badges, and have fun! To Access: Go to [hubbubhealth.com](http://hubbubhealth.com), or search "Hubbub" in the App Store or Google Play. Use company code: **PNCEHWT**

## Download the LifePilot Mobile App

Download the app to chat with a counselor, view your EAP services, and get the help you need. Search **Cascade EAP** in the App Store or Google Play.

**Crisis Counselors are available 24/7/365**



CASCADE CENTERS  
INCORPORATED

**For Assistance:**  
Call: 800-433-2320  
Text: 503-980-1777  
[www.cascadecenters.com](http://www.cascadecenters.com)

**Your Success  
is Our Compass**



# Cascade's Comprehensive Employee Assistance Services



**Your Success is Our Compass!**