



EAP Summary of Services

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

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
- Stress management
- Alcohol or drug abuse
- Conflict at work
- Family relationships
- Grieving a loss
- Depression
- Anxiety
- 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.

Life Coaching

Three (3) telephonic sessions with a master's degree level coach, focusing on setting achievable goals, identifying barriers and making a plan to achieve those goals.

Pet Parent Resources

We offer free pet information and support, including pet insurance discounts, new pet parent resources and bereavement support.

Wellbeing Tools

- Will Kit Questionnaire
- Tax Preparation Q&A and discounted services
- Online Legal Tools
- Gym Membership Discounts. Visit: globalfit.com/cascadeEAP

EAP Member Site

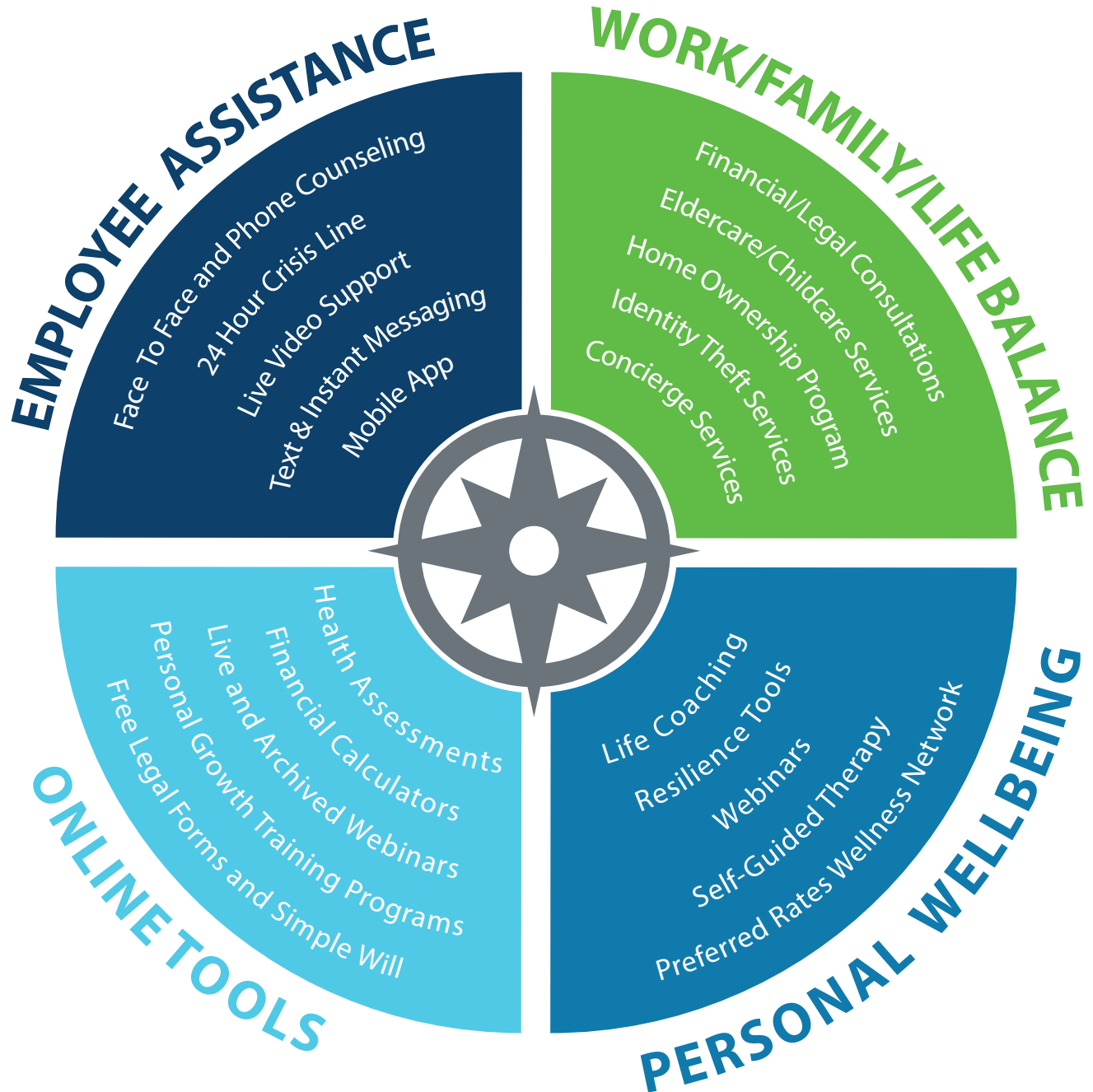
Innovative educational tools, chat for support, take self-assessments, view videos and webinars, access courses, download documents and more. Access at www.cascadecenters.com, click 'Member Log-In', register as a new user or log-in. Enter **PNCEHWT** for company name when you register.

LifeBalance

Discounts on outdoor adventures, travel, amusement, self-care, wellness resources and more. To access, log onto the EAP Member Site or visit LifeBalanceProgram.com/login. Your activation code is: **CAS2948**

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

Cascade's Comprehensive Employee Assistance Services



Your Success is Our Compass!

Parenting Support For Those With Furry Kids

- Concierge Support
- Pet Insurance Discounts
- Bereavement Support
- New Pet Parent

Access your Pet Parent Benefits:

call: 800-433-2320

text: 503-980-1777

email: info@cascadecenters.com

online: visit www.cascadecenters.com

1. Click 'Member Log In'
2. Register or Log In
3. Select the 'My EAP Benefits' tile

call: 800-433-2320 text: 503-980-1777 email: info@cascadecenters.com





LifeBalance

Access to Thousands of Exclusive Discounts

LifeBalance and Cascade Centers have teamed up to connect you and your family members to the things we all love most – travel, sports, the arts, fun family time, the great outdoors, health, fitness, wellness resources and above all, a good deal.

Most Used LifeBalance Discounts:

- Disneyland
- Travel
- Lodging
- Retail Shopping
- Movie Tickets
- Dell Computers
- Sporting Event Tickets
- Broadway Musical
- Tickets

To access:

Login to your EAP member site at cascadecenters.com, or visit LifeBalanceProgram.com and enter your activation code: **CAS2948** to set up your free account.

LifeBalance:

call: 888-754-5433

email: info@LifeBalanceProgram.com



Work / Family / Life

Legal / Mediation

A free 30-minute consultation with an attorney or mediator.
A 25% discount is available thereafter.

Financial Coaching

30 consecutive days of unlimited financial coaching.

Identity Theft Services

Consultation with a Fraud
Resolution Specialist™ (FRS).

Home Ownership Program

Assistance and discounts for
buying, selling, and refinancing
a home.

Resource Retrieval

EAP Specialists will do the research
and get back to you within three
business days.

Childcare & Eldercare

Cascade will locate caregiving
options and resources based
on your family's specifications,
budget, and location.

To access:

call: 800-433-2320

text: 503-850-7721

email: info@cascadecenters.com

