|  | <!DOCTYPE html> |
| --- | --- |
|  | <html lang="en"> |
|  | <head> |
|  | <!-- hawking.geekpak.com 2--> |
|  | <!--[if lt IE 10]> |
|  | <link rel="stylesheet" href="/themes/default/styles/ie9.css"> |
|  | <script src="/themes/default/scripts/ie9.js"></script> |
|  | <![endif]--> |
|  | <!--[if lt IE 9]> |
|  | <script src="https://html5shiv.googlecode.com/svn/trunk/html5.js"></script> |
|  | <link rel="stylesheet" href="/themes/default/styles/ie8.css"> |
|  | <script src="/themes/default/scripts/css3-mediaqueries.js"></script> |
|  | <![endif]--> |
|  | <meta charset="utf-8" /> |
|  | <meta name="viewport" content="initial-scale=1.0, maximum-scale=1.0, width=device-width" /> |
|  |  |
|  | <meta property="og:title" content="I&rsquo;d Like Help With..." /> |
|  | <meta property="og:description" content="" /> |
|  | <meta property="og:url" content="https://canopywell.com/Resources" /> |
|  | <meta property="og:site\_name" content="Canopy" /> |
|  | <meta property="og:image" content="https://canopywell.com/catalogFiles/cfil11263.jpg" /> |
|  | <title>Canopy | I&rsquo;d Like Help With...</title> |
|  | <script src="<https://ajax.googleapis.com/ajax/libs/jquery/1.12.4/jquery.min.js>"></script> |
|  |  |
|  | <!-- font include --> |
|  | <link href='<https://fonts.googleapis.com/css?family=PT+Sans:400,700,400italic,700italic>' rel='stylesheet' type='text/css'> |
|  | <!-- / font include --> |
|  | <link rel="shortcut icon" type="image/gif" href="<https://canopywell.com/themes/default/images/favicon.png>" sizes="16x16" /> |
|  | <link rel="stylesheet" href="[/themes/default/styles/reset.css](https://canopywell.com/themes/default/styles/reset.css)"> |
|  | <link rel="stylesheet" href="[/themes/default/styles/default.css](https://canopywell.com/themes/default/styles/default.css)"> |
|  | <script src="[/themes/default/scripts/default.js](https://canopywell.com/themes/default/scripts/default.js)"></script> |
|  | </head> |
|  | <body ontouchstart="" id="body197GPtop3"> |
|  | <div id="fullOuter" class="fullOuter trayTOPIC"> |
|  | <div id="topOuter"> |
|  | <div id="mobileNavDropdown"> |
|  |  |
|  | <nav class=""><a href="[brokers-and-buyers](https://canopywell.com/brokers-and-buyers)" id="1"><span>Brokers &amp; Buyers</span></a><a href="[15EE76](https://canopywell.com/15EE76)" id="2"><span>Employers, HR, and Leaders</span></a><a href="[Personal-Assistance](https://canopywell.com/Personal-Assistance)" id="3" class="current"><span>Personal Assistance</span></a></nav> |
|  | <span class="mobileNavDropdownSmaller"><nav class=""><a href="[About](https://canopywell.com/About)" id="1"><span>About Us</span></a><a href="[Events-and-Education](https://canopywell.com/Events-and-Education)" id="2"><span>Events &amp; Education</span></a><a href="[providers](https://canopywell.com/providers)" id="3"><span>Providers</span></a><a href="[Contact](https://canopywell.com/Contact)" id="4"><span>Contact Us</span></a></nav></span> |
|  | <form action="/index.php?" method="get" name="searchFormMobile" class="searchOff" id="searchFormMobile"> |
|  | <input type="hidden" name="tray" value="search\_results" /><input id="search2" type="search" name="search" value="search..." class="empty" onfocus="searchFocus2()" onblur="searchBlur2()" /> |
|  | <span class="searchIcon"><a href="javascript:void(0);" onclick="searchSwap2()">&#59392</a></span> |
|  | </form> |
|  | <a href="<https://canopywell.com/index.php?exturl=197GPcurl19>" class="icon-text-button"><span class="icon-right-open"></span><span class="button-text">Member Login</span></a> |
|  |  |
|  | </div> |
|  | <section id="header"> |
|  | <div id="upperHeader"> |
|  | <div id="mobileNav" onclick="mobileNavToggle()"><div id="nav-icon1"><span></span><span></span><span></span></div></div> |
|  | <div id="searchNav" class="navHide"><div><form action="/index.php?" method="get" name="searchForm" class="searchOff" id="searchForm"> |
|  | <input type="hidden" name="tray" value="search\_results" /><input id="search" type="search" name="search" value="search..." class="empty" onfocus="searchFocus()" onblur="searchBlur()" /> |
|  | <span class="searchIcon"><a href="javascript:void(0);" onclick="searchSwap()">&#59392</a></span> |
|  | </form></div></div> |
|  | <div id="funcNav" class="navShow"> |
|  | <nav class="funcnav"><header><span>Functional Navigation</span></header><ul class="funcnav" id="funcnavUL"> |
|  | <li id="funcnav1" class="FIRST-3 "><a href="[About](https://canopywell.com/About)"><span>About Us</span></a></li> |
|  | <li id="funcnav2" class="MID-3 "><a href="[Events-and-Education](https://canopywell.com/Events-and-Education)"><span>Events &amp; Education</span></a></li> |
|  | <li id="funcnav3" class="MID-3 "><a href="[providers](https://canopywell.com/providers)"><span>Providers</span></a></li> |
|  | <li id="funcnav4" class="LAST-3 "><a href="[Contact](https://canopywell.com/Contact)"><span>Contact Us</span></a></li> |
|  |  |
|  | <li class="searchIcon"><a href="javascript:void(0);" onclick="searchSwap()">&#59392</a></li><li><a href="<https://canopywell.com/index.php?exturl=197GPcurl19>" class="icon-text-button"><span class="icon-right-open"></span><span class="button-text">Member Login</span></a></li> |
|  | </ul><div></div></nav> |
|  |  |
|  | </div> |
|  | <div id="logoHeader"> |
|  | <div id="logoHeaderInner"> |
|  | <h1 id="logo"><a href="[/index.php?](https://canopywell.com/index.php?)"><span>Canopy</span></a></h1> |
|  | </div> |
|  | </div> |
|  | <div id="navHeader"> |
|  | <nav class="topnav"> |
|  | <div class="level3"><ul class="level3"><li class="level3 mid3 first hasChild hasChild3" id="topnav197GPtop19"><a href="[brokers-and-buyers](https://canopywell.com/brokers-and-buyers)"><span>Brokers &amp; Buyers</span></a><div class="level4"><ul class="level4"><li class="level4 mid4 first hasChild hasChild4" id="topnav197GPtop62"><span>Industry Expertise</span></li><li class="level4 mid4 first hasChild hasChild4" id="topnav197GPtop62sub"><span class="dropdown dropdown75"><span><select onchange="if (this.value) window.location.href=this.value"> |
|  | <option>Choose...</option> |
|  | <option disabled>────────────────</option> |
|  | <option value="Construction-Industry-EAP">Construction Industry EAP</option> |
|  | <option value="Health-Care-Providers-EAP">Health Care Providers EAP</option> |
|  | <option value="Public-Safety">Public Safety EAP</option> |
|  |  |
|  | </select></span></span> |
|  | <div class="level5"><ul class="level5"><li class="level5 mid5 first " id="topnav197GPtop63"><a href="[Public-Safety](https://canopywell.com/Public-Safety)"><span>Public Safety EAP</span></a></li><li class="level5 mid5 mid " id="topnav197GPtop64"><a href="[Construction-Industry-EAP](https://canopywell.com/Construction-Industry-EAP)"><span>Construction Industry EAP</span></a></li><li class="level5 cap5 last " id="topnav197GPtop65"><a href="[Health-Care-Providers-EAP](https://canopywell.com/Health-Care-Providers-EAP)"><span>Health Care Providers EAP</span></a></li></ul></div></li><li class="level4 mid4 mid hasChild hasChild4" id="topnavtop10519"><a href="[Employee-Assistance](https://canopywell.com/Employee-Assistance)"><span>Employee Assistance Services</span></a><div class="level5"><ul class="level5"><li class="level5 mid5 first " id="topnav197GPtop36"><a href="[Whole-Person-Approach](https://canopywell.com/Whole-Person-Approach)"><span>Whole Person Approach</span></a></li><li class="level5 mid5 mid " id="topnav197GPtop37"><a href="[The-Canopy-Difference](https://canopywell.com/The-Canopy-Difference)"><span>The Canopy Difference</span></a></li><li class="level5 cap5 last " id="topnav197GPtop38"><a href="[World-Wide-Access](https://canopywell.com/World-Wide-Access)"><span>World Wide Access</span></a></li></ul></div></li><li class="level4 mid4 mid " id="topnav197GPtop32"><a href="[Canopy-Tools-and-Technology](https://canopywell.com/Canopy-Tools-and-Technology)"><span>Tools &amp; Technology</span></a></li><li class="level4 mid4 mid " id="topnav197GPtop33"><a href="[Resources-For-Life](https://canopywell.com/Resources-For-Life)"><span>Resources for Life </span></a></li><li class="level4 mid4 mid " id="topnavtop10671"><a href="[Workplace-Wellbeing-Services](https://canopywell.com/Workplace-Wellbeing-Services)"><span>Wellbeing Services</span></a></li><li class="level4 mid4 mid " id="topnav197GPtop34"><a href="[Organizational-Support](https://canopywell.com/Organizational-Support)"><span>Organizational Support</span></a></li><li class="level4 mid4 mid hasChild hasChild4" id="topnav197GPtop50"><a href="[WholeLife-Directions-Brokers](https://canopywell.com/WholeLife-Directions-Brokers)"><span>WholeLife Directions</span></a><div class="level5"><ul class="level5"><li class="level5 mid5 first " id="topnav197GPtop51"><a href="[How-It-Works-Brokers](https://canopywell.com/How-It-Works-Brokers)"><span>How It Works</span></a></li><li class="level5 mid5 mid " id="topnav197GPtop52"><a href="[Why-It-Matters-To-Your-Organization-Brokers](https://canopywell.com/Why-It-Matters-To-Your-Organization-Brokers)"><span>Why It Matters To Your Organization</span></a></li><li class="level5 mid5 mid " id="topnav197GPtop53"><a href="[Start-Your-Journey-With-WholeLife-Directions-Brokers](https://canopywell.com/Start-Your-Journey-With-WholeLife-Directions-Brokers)"><span>Start Your Journey With WholeLife Directions</span></a></li><li class="level5 mid5 mid " id="topnav197GPtop54"><a href="[Connect-To-Brokers](https://canopywell.com/Connect-To-Brokers)"><span>Connect To...</span></a></li><li class="level5 cap5 last " id="topnav197GPtop55"><a href="[Organizational-Reporting-Brokers](https://canopywell.com/Organizational-Reporting-Brokers)"><span>Organizational Reporting</span></a></li></ul></div></li><li class="level4 mid4 mid " id="topnavtop10555"><a href="[Testimonials](https://canopywell.com/Testimonials)"><span>Testimonials</span></a></li><li class="level4 mid4 mid " id="topnav2cctop1"><a href="[Request-a-Proposal](https://canopywell.com/Request-a-Proposal)"><span>Request A Proposal</span></a></li><li class="level4 cap4 last " id="topnav197GPtop31"><a href="[Live-and-Manage-Well-Blog](https://canopywell.com/Live-and-Manage-Well-Blog)"><span>EAP Blog</span></a></li></ul></div></li><li class="level3 mid3 mid hasChild hasChild3" id="topnav197GPtop15"><a href="[15EE76](https://canopywell.com/15EE76)"><span>Employers, HR, and Leaders</span></a><div class="level4"><ul class="level4"><li class="level4 mid4 first " id="topnavtop10674"><a href="[Workplace-Wellbeing](https://canopywell.com/Workplace-Wellbeing)"><span>Workplace Wellbeing</span></a></li><li class="level4 mid4 mid " id="topnavtop10520"><a href="[Organization-Resources](https://canopywell.com/Organization-Resources)"><span>Organizational Support</span></a></li><li class="level4 mid4 mid " id="topnavtop10612"><a href="[Onsite-Resources](https://canopywell.com/Onsite-Resources)"><span>Training &amp; Onsite Support</span></a></li><li class="level4 mid4 mid hasChild hasChild4" id="topnav197GPtop17"><a href="[HR-Tools](https://canopywell.com/HR-Tools)"><span>Tools</span></a></li><li class="level4 mid4 mid " id="topnav197GPtop18"><a href="[HR-Technology-and-Apps](https://canopywell.com/HR-Technology-and-Apps)"><span>Technology &amp; Apps</span></a></li><li class="level4 mid4 mid hasChild hasChild4" id="topnav197GPtop41"><a href="[WholeLife-Directions](https://canopywell.com/WholeLife-Directions)"><span>WholeLife Directions</span></a><div class="level5"><ul class="level5"><li class="level5 mid5 first " id="topnav197GPtop42"><a href="[How-It-Works](https://canopywell.com/How-It-Works)"><span>How It Works</span></a></li><li class="level5 mid5 mid " id="topnav197GPtop43"><a href="[Why-It-Matters-To-Your-Organization](https://canopywell.com/Why-It-Matters-To-Your-Organization)"><span>Why It Matters To Your Organization</span></a></li><li class="level5 mid5 mid " id="topnav197GPtop44"><a href="[Start-Your-Journey-With-WholeLife-Directions](https://canopywell.com/Start-Your-Journey-With-WholeLife-Directions)"><span>Start Your Journey With WholeLife Directions</span></a></li><li class="level5 mid5 mid " id="topnav197GPtop45"><a href="[Connect-To](https://canopywell.com/Connect-To)"><span>Connect To...</span></a></li><li class="level5 cap5 last " id="topnav197GPtop46"><a href="[Organizational-Reporting](https://canopywell.com/Organizational-Reporting)"><span>Organizational Reporting</span></a></li></ul></div></li><li class="level4 mid4 mid " id="topnav197GPtop30"><a href="[Live-Well-Blog-HR](https://canopywell.com/Live-Well-Blog-HR)"><span>Live Well Blog</span></a></li><li class="level4 mid4 mid " id="topnav149jktop1"><a href="[HR-Webinars](https://canopywell.com/HR-Webinars)"><span>Human Resources Webinars</span></a></li><li class="level4 mid4 mid hasChild hasChild4" id="topnav1cnpytop7"><a href="[Employee-Assistance-Seminar-Descriptions](https://canopywell.com/Employee-Assistance-Seminar-Descriptions)"><span>EAP Seminars</span></a><div class="level5"><ul class="level5"><li class="level5 mid5 first " id="topnav1cnpytop8"><a href="[1cnpy106](https://canopywell.com/1cnpy106)"><span>General Topics</span></a></li><li class="level5 mid5 mid " id="topnav1cnpytop9"><a href="[1cnpy107](https://canopywell.com/1cnpy107)"><span>Communication</span></a></li><li class="level5 mid5 mid " id="topnav1cnpytop10"><a href="[1cnpy108](https://canopywell.com/1cnpy108)"><span>Stress &#47; Change</span></a></li><li class="level5 mid5 mid " id="topnav1cnpytop11"><a href="[1cnpy118](https://canopywell.com/1cnpy118)"><span>Resources for Life</span></a></li><li class="level5 mid5 mid " id="topnav1cnpytop12"><a href="[1cnpy122](https://canopywell.com/1cnpy122)"><span>Career Development</span></a></li><li class="level5 mid5 mid " id="topnav1cnpytop13"><a href="[Wellness-Seminars](https://canopywell.com/Wellness-Seminars)"><span>Wellness</span></a></li><li class="level5 mid5 mid " id="topnav1cnpytop14"><a href="[Substance-Misuse-Seminars](https://canopywell.com/Substance-Misuse-Seminars)"><span>Substance Misuse</span></a></li><li class="level5 mid5 mid " id="topnav1cnpytop15"><a href="[For-Supervisors-Managers-Seminars](https://canopywell.com/For-Supervisors-Managers-Seminars)"><span>For Supervisors &#47; Managers</span></a></li><li class="level5 mid5 mid " id="topnav1cnpytop16"><a href="[Organizational-Development-Seminars](https://canopywell.com/Organizational-Development-Seminars)"><span>Organizational Development</span></a></li><li class="level5 mid5 mid " id="topnav1cnpytop17"><a href="[Financial-seminars](https://canopywell.com/Financial-seminars)"><span>Financial</span></a></li><li class="level5 cap5 last " id="topnav1cnpytop18"><a href="[Legal-and-ID-Theft](https://canopywell.com/Legal-and-ID-Theft)"><span>Legal and ID Theft</span></a></li></ul></div></li><li class="level4 mid4 mid hasChild hasChild4" id="topnav197GPtop56"><a href="[Covid19-Resource-Center](https://canopywell.com/Covid19-Resource-Center)"><span>Covid-19 Resource Center</span></a><div class="level5"><ul class="level5"><li class="level5 mid5 first " id="topnav197GPtop57"><a href="[covid19-tip-sheets](https://canopywell.com/covid19-tip-sheets)"><span>Tip Sheets</span></a></li><li class="level5 cap5 last " id="topnav197GPtop59"><a href="[covid19-webinars](https://canopywell.com/covid19-webinars)"><span>Past Webinars</span></a></li></ul></div></li><li class="level4 cap4 last " id="topnav1cnpytop1"><a href="[1cnpy2](https://canopywell.com/1cnpy2)"><span>Request A Proposal</span></a></li></ul></div></li><li class="level3 cap3 last hasChild hasChild3" id="topnav197GPtop2"><a href="[Personal-Assistance](https://canopywell.com/Personal-Assistance)"><span>Personal Assistance</span></a><div class="level4"><ul class="level4"><li class="level4 mid4 first hasChild hasChild4" id="topnav197GPtop3"><span>I&rsquo;d Like Help With...</span></li><li class="level4 mid4 first hasChild hasChild4" id="topnav197GPtop3sub"><span class="dropdown dropdown75"><span><select onchange="if (this.value) window.location.href=this.value"> |
|  | <option>Choose...</option> |
|  | <option disabled>────────────────</option> |
|  | <option value="Financial-Webinars"></option> |
|  | <option value="Anxiety">Anxiety</option> |
|  | <option value="Career-Development">Career Development</option> |
|  | <option value="197GP4">Childcare and Eldercare</option> |
|  | <option value="Communication">Communication</option> |
|  | <option value="Coping-with-Violence-and-Racism">Coping with Violence and Racism</option> |
|  | <option value="Depression">Depression</option> |
|  | <option value="Drugs-and-Alcohol">Drugs and Alcohol</option> |
|  | <option value="Family-Resources">Family Resources</option> |
|  | <option value="Gambling">Gambling</option> |
|  | <option value="Health">Health</option> |
|  | <option value="197GP5">Legal Issues</option> |
|  | <option value="Marriage">Marriage</option> |
|  | <option value="197GP6">Mental Health</option> |
|  | <option value="149jk4">Personal Development</option> |
|  | <option value="197GP7">Personal Wellbeing</option> |
|  | <option value="Resiliency">Resiliency</option> |
|  | <option value="Stress">Stress</option> |
|  | <option value="West-Coast-Fires">West Coast Fires</option> |
|  |  |
|  | </select></span></span> |
|  | <div class="navDropDownLogin"><i>&nbsp;Sign-in to...</i><br><a href="<https://canopywell.com/index.php?exturl=197GPcurl19>" target="\_new" class="footerButton">EAP Member Site</a></div> |
|  | <div class="level5"><ul class="level5"><li class="level5 mid5 first " id="topnavtop10581"><a href="[Anxiety](https://canopywell.com/Anxiety)"><span>Anxiety</span></a></li><li class="level5 mid5 mid hasChild hasChild5" id="topnavtop10575"><a href="[Career-Development](https://canopywell.com/Career-Development)"><span>Career&#47;Job Loss</span></a><div class="level6"><ul class="level6"><li class="level6 mid6 first " id="topnavtop10577"><a href="[Step-One-Know-yourself](https://canopywell.com/Step-One-Know-yourself)"><span>Step One</span></a></li><li class="level6 mid6 mid " id="topnavtop10578"><a href="[Step-Two-Know-the-marketplace](https://canopywell.com/Step-Two-Know-the-marketplace)"><span>Step Two</span></a></li><li class="level6 mid6 mid " id="topnavtop10579"><a href="[Step-Three-Basic-Tools](https://canopywell.com/Step-Three-Basic-Tools)"><span>Step Three</span></a></li><li class="level6 cap6 last hasChild hasChild6" id="topnavtop10599"><a href="[Other-Related-Links](https://canopywell.com/Other-Related-Links)"><span>Other Related Links</span></a><div class="level7"><ul class="level7"><li class="level7 mid7 first " id="topnavtop10602"><a href="[Educational-Information](https://canopywell.com/Educational-Information)"><span>Educational Information</span></a></li><li class="level7 mid7 mid " id="topnavtop10600"><a href="[Employment-Trends](https://canopywell.com/Employment-Trends)"><span>Employment Trends</span></a></li><li class="level7 cap7 last " id="topnavtop10601"><a href="[Salary-Information](https://canopywell.com/Salary-Information)"><span>Salary Information</span></a></li></ul></div></li></ul></div></li><li class="level5 mid5 mid " id="topnav197GPtop4"><a href="[197GP4](https://canopywell.com/197GP4)"><span>Childcare and Eldercare</span></a></li><li class="level5 mid5 mid " id="topnavtop10588"><a href="[Communication](https://canopywell.com/Communication)"><span>Communication</span></a></li><li class="level5 mid5 mid " id="topnavtop10580"><a href="[Depression](https://canopywell.com/Depression)"><span>Depression</span></a></li><li class="level5 mid5 mid " id="topnavtop10589"><a href="[Drugs-and-Alcohol](https://canopywell.com/Drugs-and-Alcohol)"><span>Drugs and Alcohol</span></a></li><li class="level5 mid5 mid " id="topnavtop10582"><a href="[Family-Resources](https://canopywell.com/Family-Resources)"><span>Family</span></a></li><li class="level5 mid5 mid " id="topnavEEcctop3"><a href="[Financial-Webinars](https://canopywell.com/Financial-Webinars)"><span>Financial </span></a></li><li class="level5 mid5 mid " id="topnavtop10590"><a href="[Gambling](https://canopywell.com/Gambling)"><span>Gambling</span></a></li><li class="level5 mid5 mid " id="topnav197GPtop28"><a href="[Health](https://canopywell.com/Health)"><span>Health</span></a></li><li class="level5 mid5 mid " id="topnavEEcctop2"><a href="[Home-Ownership-Program-webinars](https://canopywell.com/Home-Ownership-Program-webinars)"><span>Home Ownership Program</span></a></li><li class="level5 mid5 mid " id="topnav197GPtop5"><a href="[197GP5](https://canopywell.com/197GP5)"><span>Legal Issues</span></a></li><li class="level5 mid5 mid " id="topnavtop10591"><a href="[Marriage](https://canopywell.com/Marriage)"><span>Marriage</span></a></li><li class="level5 mid5 mid " id="topnav197GPtop6"><a href="[197GP6](https://canopywell.com/197GP6)"><span>Mental Health</span></a></li><li class="level5 mid5 mid " id="topnav149jktop3"><a href="[149jk4](https://canopywell.com/149jk4)"><span>Personal Development</span></a></li><li class="level5 mid5 mid " id="topnav197GPtop7"><a href="[197GP7](https://canopywell.com/197GP7)"><span>Personal Wellbeing</span></a></li><li class="level5 mid5 mid " id="topnavtop10584"><a href="[Resiliency](https://canopywell.com/Resiliency)"><span>Resiliency</span></a></li><li class="level5 mid5 mid " id="topnavtop10592"><a href="[Stress](https://canopywell.com/Stress)"><span>Stress</span></a></li><li class="level5 mid5 mid " id="topnav197GPtop66"><a href="[West-Coast-Fires](https://canopywell.com/West-Coast-Fires)"><span>West Coast Fires</span></a></li><li class="level5 cap5 last " id="topnav197GPtop61"><a href="[Coping-with-Violence-and-Racism](https://canopywell.com/Coping-with-Violence-and-Racism)"><span>Coping with Violence and Racism</span></a></li></ul></div></li><li class="level4 mid4 mid " id="topnavtop10532"><a href="[Services-Offered](https://canopywell.com/Services-Offered)"><span>Services Available</span></a></li><li class="level4 mid4 mid " id="topnav197GPtop25"><a href="[Deals-and-Discounts](https://canopywell.com/Deals-and-Discounts)"><span>Deals &amp; Discounts</span></a></li><li class="level4 mid4 mid " id="topnav197GPtop10"><a href="[Tools-and-Technology](https://canopywell.com/Tools-and-Technology)"><span>Tools &amp; Technology</span></a></li><li class="level4 mid4 mid " id="topnavtop10556"><a href="[FAQ](https://canopywell.com/FAQ)"><span>FAQ</span></a></li><li class="level4 mid4 mid hasChild hasChild4" id="topnav197GPtop40"><a href="[WholeLife-Directions-Get-Started](https://canopywell.com/WholeLife-Directions-Get-Started)"><span>WholeLife Directions</span></a><div class="level5"><ul class="level5"><li class="level5 mid5 first " id="topnav197GPtop47"><a href="[WholeLife-How-It-Works](https://canopywell.com/WholeLife-How-It-Works)"><span>How It Works</span></a></li><li class="level5 cap5 last " id="topnav197GPtop48"><a href="[WholeLife-Start-Your-Journey](https://canopywell.com/WholeLife-Start-Your-Journey)"><span>Start Your Journey With WholeLife Directions</span></a></li></ul></div></li><li class="level4 mid4 mid " id="topnavtop10613"><a href="[Spotlight-ON-EAP](https://canopywell.com/Spotlight-ON-EAP)"><span>Spotlight on EAP</span></a></li><li class="level4 mid4 mid " id="topnav197GPtop29"><a href="[197GP29](https://canopywell.com/197GP29)"><span>Live Well Blog</span></a></li><li class="level4 cap4 last hasChild hasChild4" id="topnavEEcctop1"><a href="[Webinars](https://canopywell.com/Webinars)"><span>EAP Member Webinars</span></a><div class="level5"><ul class="level5"><li class="level5 cap5 solo " id="topnav149jktop4"><a href="[149jk6](https://canopywell.com/149jk6)"><span>Past Webinars</span></a></li></ul></div></li></ul></div></li></ul></div> |
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|  | Canopy, Inc. makes no representations whatsoever about any other web site which you may access through this one. A link to a non&ndash;Canopy, Inc. web site does not mean that Canopy, Inc. endorses or accepts any responsibility for the content, its accuracy, or the use, of such web site. It is your responsibility to take precautions to ensure that whatever you select for use is free of such items as viruses and other items of a destructive nature.</article> |
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|  | <!-- topic subtopics --> |
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|  | <summary><span>Anxiety is familiar to everyone due to the many stresses and complexities of modern life. But about 25 percent of U.S. adults have a serious problem with anxiety at some time in their lives.</span></summary> |
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|  | <a href="[Suicide-Awareness-and-Prevention](https://canopywell.com/Suicide-Awareness-and-Prevention)"> |
|  | <h1><span>Suicide Awareness and Prevention</span></h1><summary><span>September is National Suicide Prevention Month, a time when companies, schools, non-profits, other groups, and communities unite to highlight mental health advocacy, allyship for survivors, and promote suicide prevention</span></summary></a></section> |
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|  | <a href="[How-to-be-Mindful-at-Work](https://canopywell.com/How-to-be-Mindful-at-Work)"> |
|  | <h1><span>How to be Mindful at Work</span></h1><summary><span>Mindfulness has become a popular subject, and for a good reason. It involves being aware of the present and keeping any distractions or self-defeating thoughts out of your head. Many who have tried mindfulness swear by its health benefits, from sleeping better to even reducing your risk of disease.</span></summary></a></section> |
|  | </td> |
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|  | </tr> |
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|  | <a href="[Anger-A-Misunderstood-Emotion](https://canopywell.com/Anger-A-Misunderstood-Emotion)"> |
|  | <h1><span>Anger - A Misunderstood Emotion</span></h1><summary><span>Anger is quite misunderstood. It's an emotion associated with those who have lost control. Those who are dangerous. Those who are irrational. And there are some legitimate reasons to think that. Those who can't control their anger do need to seek help in order to make managing anger better for them.</span></summary></a></section> |
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|  | <a href="[Dont-Let-Anxiety-Control-Your-Life](https://canopywell.com/Dont-Let-Anxiety-Control-Your-Life)"> |
|  | <h1><span>Don&rsquo;t Let Anxiety Control Your Life</span></h1><summary><span>Anxiety is familiar to everyone due to the many stresses and complexities of modern life. But about 25 percent of U.S. adults have a serious problem with anxiety at some time in their lives.</span></summary></a></section> |
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|  | <a href="[Strategies-for-Building-Resilience](https://canopywell.com/Strategies-for-Building-Resilience)"> |
|  | <h1><span>Strategies for Building Resilience</span></h1><summary><span>Resilience is the ability to adapt well in the face of adversity, trauma, tragedy or significant stress. Resilient people don't dwell on failures; they acknowledge the situation, learn from their mistakes, and then move forward.</span></summary></a></section> |
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|  | <a href="[Stressed-Out-or-Burned-Out-How-to-Avoid-Career-Burnout](https://canopywell.com/Stressed-Out-or-Burned-Out-How-to-Avoid-Career-Burnout)"> |
|  | <h1><span>Are You Stressed Out or Burned Out? How to Avoid Career Burnout.</span></h1><summary><span>Many of us have been there: a stressful workday turns into a hectic month, which turns into a rough year, which turns into physical and mental exhaustion.</span></summary></a></section> |
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|  | <a href="[How-to-Take-Stress-Out-of-Asking](https://canopywell.com/How-to-Take-Stress-Out-of-Asking)"> |
|  | <h1><span>How to Take the Stress Out of Asking for What You Want</span></h1><summary><span>Have you ever felt anxious or stressed out asking for what you want? Does the fear of rejection or looking bad hold you back from landing that sale, asking for a date, or requesting a raise? If so, you are not alone.</span></summary></a></section> |
|  | </td> |
|  | <td class="right col2 date"><time>May 17, 2018</time></td> |
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|  | <a href="[105](https://canopywell.com/105)"> |
|  | <h1><span>Stress 101: The Basics</span></h1><summary><span>Stress is something that touches us all, sometimes more forcefully than others. But what exactly is stress? And more importantly, what do you do about it? Stress can be defined as a state of bodily or mental tension resulting from factors that tend to alter an existent equilibrium. <br /></span></summary></a></section> |
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|  | <a href="[78](https://canopywell.com/78)"> |
|  | <h1><span>Characteristics of Resiliency</span></h1><h2>Resiliency</h2><summary><span>We define resilience as the process of bouncing back from adversity. The concept is a paradox that encompasses the emotional distress and the enduring strength that can result from struggling with hardship. <br /></span></summary></a></section> |
|  | </td> |
|  | <td class="right col2 date"><time>Jun 1st, 2017</time></td> |
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|  | <a href="[79](https://canopywell.com/79)"> |
|  | <h1><span>Resiliency: Outcomes of Resiliency</span></h1><h2>Resiliency</h2><summary><span>We define survivor's pride as the well-deserved feeling of accomplishment that results from prevailing against hardship or adversity. It is a bittersweet mixture of pain and triumph that is usually under the surface, but is sometimes readily visible in many youth and adults who have overcome difficult circumstances. <br /></span></summary></a></section> |
|  | </td> |
|  | <td class="right col2 date"><time>May 1st, 2017</time></td> |
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|  | <a href="[335](https://canopywell.com/335)"> |
|  | <h1><span>Don&rsquo;t Let Anxiety Control Your Life</span></h1><h2>EAP Navigator</h2><summary><span>Anxiety is familiar to everyone due to the many stresses and complexities of modern life. But about 25 percent of US adults have a serious problem with anxiety at some time in their lives.</span></summary></a></section> |
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|  | <a href="[385](https://canopywell.com/385)"> |
|  | <h1><span>EAP NEWSLETTER</span></h1><h2>Summer</h2><summary><span>In this issue: Don't Let Anxiety Control Your Life, Everyday Ways to Activate Your Life, Sun Safety, Stay Fit While Away, Eating Healthy While Traveling, Healthy Restaurant Choices, How to Use Your EAP</span></summary></a></section> |
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|  | <a href="[369](https://canopywell.com/369)"> |
|  | <h1><span>12 Ways to Keep The Holidays Stress Free</span></h1><h2>EAP Navigator</h2><summary><span>The anxiety of having too much to do in too little time, the pressure of unrealistic expectations and the tendency to overeat and overspend can easily overshadow holiday happiness. </span></summary></a></section> |
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|  | <a href="[257](https://canopywell.com/257)"> |
|  | <h1><span>EAP NEWSLETTER</span></h1><h2>Spring</h2><summary><span>IN THIS ISSUE: Don't Let Anxiety Control Your Life, Tips For Staying Healthy And Safe At Work, Check Your Debt Level With The 50&ndash;30&ndash;20 Formula, Summer Camps, How to Use Your EAP</span></summary></a></section> |
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|  | <h1><span>EAP NEWSLETTER</span></h1><summary><span>IN THIS ISSUE: Offbeat Ways to Eat Better, Exercise More, Generalized Anxiety, Financial Corner, How to Use Your EAP </span></summary></a></section> |
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|  | <summary><span>How prepared are you for planning and conducting an effective job search? Successful job seekers must have both good information and well-developed job hunting skills. Three important factors for a successful job search are an awareness of your goals and skills, an understanding of the labor market, and a well planned job search campaign. <br /></span></summary> |
|  | <a href="[Career-Development](https://canopywell.com/Career-Development)" class="readMore"><span class="moreInfoLink"><span>More Info</span></span></a> |
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|  | <a href="[15EE361](https://canopywell.com/15EE361)"> |
|  | <h1><span>Parent Support</span></h1><h2>From Newborn to Empty Nest</h2><summary><span>Learn how you can access parenting resources, information and support. </span></summary></a></section> |
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|  | <a href="[157](https://canopywell.com/157)"> |
|  | <h1><span>Eldercare Services</span></h1><summary><span>Solutions to the aging needs of our parents and ourselves.</span></summary></a></section> |
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|  | <a href="[15EE328](https://canopywell.com/15EE328)"> |
|  | <h1><span>Why You Need an Eldercare Advisor</span></h1><summary><span>It's hard watching your loved one age. Suddenly it becomes clear that mom or dad can no longer live on their own, as their safety and well&ndash;being are at risk. As seniors are less able to stay home because of safety or security concerns, many families are caught in a position where they don't know which direction to turn.</span></summary></a></section> |
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|  | <a href="[15EE165](https://canopywell.com/15EE165)"> |
|  | <h1><span>Caregiving Support Tips</span></h1><h2>EAP Navigator</h2><summary><span>Learn ways to easy the burden of caregiving. </span></summary></a></section> |
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|  | <a href="[15EE16](https://canopywell.com/15EE16)"> |
|  | <h1><span>The First Step: Discussing the Need for Long-Term Care</span></h1><h2>EAP Navigator</h2><summary><span>Talking to your loved ones about long term care can be difficult. Read more about helpful ways to start a conversation that will help establish a plan for you and your family. </span></summary></a></section> |
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|  | <a href="[149jk1](https://canopywell.com/149jk1)"> |
|  | <h1><span>Raising an Emotionally Intelligent Child</span></h1><summary><span>Discover what your emotional parenting style is and learn steps to developing emotional intelligence.</span></summary></a></section> |
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|  | <a href="[350](https://canopywell.com/350)"> |
|  | <h1><span>Caring for Aging Parents</span></h1><h2>EAP Navigator</h2><summary><span>As more Americans live longer, millions of middle-aged adults find themselves caring for their aging parents. It&rsquo;s not an easy task, especially for those with children still living at home.</span></summary></a></section> |
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|  | <a href="[309](https://canopywell.com/309)"> |
|  | <h1><span>Helping the Sandwich Generation</span></h1><h2>EAP Navigator</h2><summary><span>Do you feel squeezed between the demands of caring for young children and tending to your aging parents? Are you neglecting your own needs for personal time because too many people place demands on you? If so, you can consider yourself a member of the &ldquo;Sandwich Generation, Generation,&rdquo; a term used to describe working adults who bear caretaking responsibilities for both young and old family members.</span></summary></a></section> |
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|  | <span class="tImg tImgThumb id="tImg15EEcfl557""><img src="[/catalogFiles/15EEcfl557.JPG](https://canopywell.com/catalogFiles/15EEcfl557.JPG)" title="Childcare callout" alt="Childcare callout" width="100" height="72" /> |
|  | </span><h1><span>Childcare Services</span></h1><summary><span>Information and resources for childcare, education, parenting, and adoption information.</span></summary></a></section> |
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|  | <a href="[210](https://canopywell.com/210)"> |
|  | <h1><span>EAP NEWSLETTER</span></h1><h2>Volume 19, Issue 3</h2><summary><span>IN THIS ISSUE: Depression Screening Day,Kids Who Rule The Roost,&lsquo;The Number', A Satisfying Life, Caring For An Elderly Parent, How To Use Your EAP </span></summary></a></section> |
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|  | <a href="[1SU2](https://canopywell.com/1SU2)"> |
|  | <h1><span>Enhancing Communication for Healthy Relationships</span></h1><summary><span>There are many ingredients to healthy relationships, but it isn&rsquo;t always easy to maintain balance within those relationships. Consider focusing on a few specific areas which support social connection and healthy relationships.</span></summary></a></section> |
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|  | <td class="right col2 date"><time>October 18, 2023</time></td> |
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|  | <a href="[How-to-Build-Confidence-That-Lasts--What-You-Need-to-Know](https://canopywell.com/How-to-Build-Confidence-That-Lasts--What-You-Need-to-Know)"> |
|  | <h1><span>How to Build Confidence That Lasts - What You Need to Know</span></h1></a></section> |
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|  | <a href="[Drop-The-Shoulds](https://canopywell.com/Drop-The-Shoulds)"> |
|  | <h1><span>Drop The "Shoulds"</span></h1><summary><span>It's natural to move toward what feels good and away from what doesn't, natural as well to have values, principles, and morals. But when these healthy inclinations become internal <span style=" 'Helvetica';font-style:italic;">rules</span> &ndash; &quot;shoulds,&quot; &quot;musts,&quot; and &quot;gottas&quot; &ndash; then there is a big problem.</span></summary></a></section> |
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|  | <h1><span>Miscommunication: Why Does it Happen?</span></h1><summary><span>Communication, thanks to technology, has been easier, and yet it seems harder at the same time. There is so much room for miscommunication, which involves someone misinterpreting something you've said.</span></summary></a></section> |
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|  | <a href="[88](https://canopywell.com/88)"> |
|  | <h1><span>Creative Communication: 10 Tips For Professionals</span></h1><h2>Communication</h2><summary><span>1. Actively listen. Paraphrase important or confusing messages from others to be sure you're hearing what they're trying to communicate. Ask clarifying questions </span></summary></a></section> |
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|  | <a href="[358](https://canopywell.com/358)"> |
|  | <h1><span>Styles of Communication</span></h1><h2>EAP Navigator</h2><summary><span>There&rsquo;s a lot more to communicating than just knowing how to string words together and provide straight-forward answers to questions. It&rsquo;s important to recognize that there are many different ways to communicate and that each way is dependent upon the individual.</span></summary></a></section> |
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|  | <a href="[328](https://canopywell.com/328)"> |
|  | <h1><span>Win With Civility</span></h1><h2>EAP Navigator</h2><summary><span>Win With Civility &ndash; Overcoming Communication Obstacles.<br/>Here are some common communication barriers and ways to overcome them.</span></summary></a></section> |
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|  | <a href="[85](https://canopywell.com/85)"> |
|  | <h1><span>Personal Goals For Improving Skills in Face to Face Communication</span></h1><h2>Communication</h2><summary><span>This is to help you think about how you communicate with others in face to face situations. You can use it to set your own personal goals for improvement in 5 steps. <br/></span></summary></a></section> |
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|  | <a href="[89](https://canopywell.com/89)"> |
|  | <h1><span>Communication Skills</span></h1><h2>Communication</h2><summary><span>An important communication skill involves giving and receiving feedback, i.e., sharing impressions and reactions of the other person's behavior. The purpose of this learning activity is to suggest guidelines for giving and receiving feedback. <br/></span></summary></a></section> |
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|  | <a href="[Suicide-Awareness-and-Prevention](https://canopywell.com/Suicide-Awareness-and-Prevention)"> |
|  | <h1><span>Suicide Awareness and Prevention</span></h1><summary><span>September is National Suicide Prevention Month, a time when companies, schools, non-profits, other groups, and communities unite to highlight mental health advocacy, allyship for survivors, and promote suicide prevention</span></summary></a></section> |
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|  | <a href="[The-Truth-About-the-Stages-of-Grief](https://canopywell.com/The-Truth-About-the-Stages-of-Grief)"> |
|  | <h1><span>The Truth About the Stages of Grief</span></h1><summary><span>Grief is not a linear timeline, but instead a whirlpool of emotions, some of them reoccurring. Understanding the stages of grief can help manage the various emotions that come up.</span></summary></a></section> |
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|  | <a href="[Raising-Self-esteem-for-Better-Health-and-Fulfillment](https://canopywell.com/Raising-Self-esteem-for-Better-Health-and-Fulfillment)"> |
|  | <h1><span>Raising Self-esteem for Better Health and Fulfillment</span></h1><summary><span>Most of us would agree that there are cultural and socioeconomic barriers in life. Some people have grown up in environments whereas children they were told they would succeed, contribute to society, and live an abundant life.</span></summary></a></section> |
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|  | <a href="[Food-for-Whole-Body-Health](https://canopywell.com/Food-for-Whole-Body-Health)"> |
|  | <h1><span>Food for Whole Body Health</span></h1><summary><span>Why does healthy food matter? Healthy food provides our bodies nutrients, and nutrients are essential to manufacture neurotransmitters. Without key nutrients our neurotransmitters suffer and our mental and physical health are negatively affected. </span></summary></a></section> |
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|  | <a href="[Digital-Detachment](https://canopywell.com/Digital-Detachment)"> |
|  | <h1><span>Digital Detachment</span></h1><summary><span>On average, Americans spend more than half of their waking lives staring at a screen. This type of technology fixation has been linked to a number of negative health effects, both physical and emotional. </span></summary></a></section> |
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|  | <a href="[15EE301](https://canopywell.com/15EE301)"> |
|  | <h1><span>How You Can Help Prevent Suicide</span></h1><summary><span>With mental health awareness on the rise in workplaces across the country, colleagues and supervisors are in a unique position to respond to signs of distress and provide support. I</span></summary></a></section> |
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|  | <a href="[15EE275](https://canopywell.com/15EE275)"> |
|  | <h1><span>Depression Awareness</span></h1><summary><span>Read about the symptoms of depression and how your EAP can help. </span></summary></a></section> |
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|  | <a href="[15EE185](https://canopywell.com/15EE185)"> |
|  | <h1><span>Depression Awareness</span></h1><summary><span>Many of us are touched directly or indirectly by depression. Learn about what depression is, symptoms of depression, and different treatment options. </span></summary></a></section> |
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|  | <a href="[68](https://canopywell.com/68)"> |
|  | <h1><span>In Harm&rsquo;s Way: Suicide in America</span></h1><h2>Depression</h2><summary><span>Suicide is a tragic and potentially preventable public health problem... <br /></span></summary></a></section> |
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|  | <a href="[15EE83](https://canopywell.com/15EE83)"> |
|  | <h1><span>Depression</span></h1><summary><span>Are you or a family member depressed? Read about the symptoms of depression and how the EAP can help.</span></summary></a></section> |
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|  | <a href="[15EE82](https://canopywell.com/15EE82)"> |
|  | <h1><span>5 Warning Signs of Depression</span></h1><h2>EAP Navigator</h2><summary><span>Millions of people in the United States suffer from depression. Learn about 5 warning signs. </span></summary></a></section> |
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|  | <a href="[EEcc7](https://canopywell.com/EEcc7)"> |
|  | <h1><span>Help for the Holiday Blues </span></h1><h2>EAP Navigator</h2><summary><span>The holidays are here again. However, there are a few simple things you can do to keep the holiday blues at bay.</span></summary></a></section> |
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|  | <a href="[398](https://canopywell.com/398)"> |
|  | <h1><span>EAP NEWSLETTER</span></h1><h2>Winter </h2><summary><span>In this Issue: Holiday Depression and Stress, Communication Tips for Home and Work, Heading off Holiday Havoc, and How to Use Your EAP.</span></summary></a></section> |
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|  | <a href="[397](https://canopywell.com/397)"> |
|  | <h1><span>Stress, Depression, and the Holidays</span></h1><h2>EAP Navigator</h2><summary><span>Stress and depression can ruin your holidays and hurt your health. Being realistic, planning ahead and seeking support can help ward off stress and depression.</span></summary></a></section> |
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|  | <a href="[349](https://canopywell.com/349)"> |
|  | <h1><span>Depression: Understanding the Disorder</span></h1><h2>EAP Navigator</h2><summary><span>Unlike &ldquo;the blues,&rdquo; which tend to clear up in a few days, depression frequently is both prolonged and recurring. It can&rsquo;t be ignored, and it can&rsquo;t be joked or whistled away.</span></summary></a></section> |
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|  | <a href="[303](https://canopywell.com/303)"> |
|  | <h1><span>Coping With The Holiday Blues</span></h1><h2>EAP Navigator - Flashmail</h2><summary><span>Coping with the Holiday Blues<br/>The holidays are a time for tradition, for going home, and for sharing food, gifts, relaxation and good times with family and friends. At least, that's how we all expect the holidays to be. </span></summary></a></section> |
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|  | <td class="right col2 date"><time>Nov 2nd, 2009</time></td> |
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|  | <a href="[265](https://canopywell.com/265)"> |
|  | <h1><span>October 10th is National Depression Screening Day.</span></h1><h2>Flashmail</h2><summary><span>Canopy Employee Assistance Program has been selected as a screening site for National Depression Screening Day.<BR></span></summary></a></section> |
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|  | <td class="right col2 date"><time>September 2008</time></td> |
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|  | <a href="[238](https://canopywell.com/238)"> |
|  | <h1><span>October 11th - National Depression Screening Day</span></h1><h2>Flashmail</h2><summary><span>For most people, figuring out the line between &ldquo;I&rsquo;ve been moody lately&rdquo; or &ldquo;I get tired easily,&rdquo; with &ldquo;I have depression&rdquo; is difficult. National Depression Screening Day (NDSD) has been helping people make that distinction for the last 15 years. </span></summary></a></section> |
|  | </td> |
|  | <td class="right col2 date"><time>September 2007</time></td> |
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|  | <a href="[66](https://canopywell.com/66)"> |
|  | <h1><span>Treatment For Depression</span></h1><h2>Depression</h2><summary><span>A major depressive disorder can last from six months to as many as 12 months unless treated. Treatment is essential because depression tends to recur... <br/></span></summary></a></section> |
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|  | <td class="right col2 date"><time>Jun 5th, 2007</time></td> |
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|  | <a href="[67](https://canopywell.com/67)"> |
|  | <h1><span>Depression</span></h1><h2>Depression</h2><summary><span>Depression takes a toll on our country: At any given time, it affects nearly 11 million Americans of both sexes, all ages and all ethnic backgrounds... <br/></span></summary></a></section> |
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|  | <a href="[15EE280](https://canopywell.com/15EE280)"> |
|  | <h1><span>Alcohol and Drug Addiction</span></h1><h2>EAP Navigator</h2><summary><span>Learn about the signs of substance abuse. </span></summary></a></section> |
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|  | <td class="right col2 date"><time>Oct 30th, 2018</time></td> |
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|  | <a href="[15EE134](https://canopywell.com/15EE134)"> |
|  | <h1><span>Signs of Alcohol and Drug Addiction</span></h1><h2>EAP Navigator</h2><summary><span>Learn about the symptoms of substance abuse and how the EAP can help you if you feel you or a loved one has a problem with alcohol and drug addiction. </span></summary></a></section> |
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|  | <td class="right col2 date"><time>Mar 29th, 2017</time></td> |
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|  | <a href="[15EE135](https://canopywell.com/15EE135)"> |
|  | <h1><span>Substance Abuse Awareness</span></h1><summary><span>Canopy Employee Assistance Program (EAP) offers confidential services related to drug and alcohol addiction. </span></summary></a></section> |
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|  | <a href="[15EE92](https://canopywell.com/15EE92)"> |
|  | <h1><span>Safe Driving: Canopy Will Reimburse for a Taxi&#47;Share Ride</span></h1><summary><span>Canopy aims to deter individuals from driving impaired and will reimburse for a Taxi/Share ride during the month of December.</span></summary></a></section> |
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|  | <a href="[Navigator-April-2016](https://canopywell.com/Navigator-April-2016)"> |
|  | <h1><span>Recognize the Patterns of Alcoholism</span></h1><h2>EAP Navigator</h2><summary><span>Read about how to recognize the patterns of alcohol and how to get help. </span></summary></a></section> |
|  | </td> |
|  | <td class="right col2 date"><time>Mar 28th, 2016</time></td> |
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|  | <td class="left col1 main"><section class="abstr linkB"> |
|  | <a href="[Prescription-Drug-Abuse](https://canopywell.com/Prescription-Drug-Abuse)"> |
|  | <h1><span>Prescription Drug Abuse and Misuse</span></h1><summary><span>Read about information on prescription drug abuse <span STYLE=" ;">and how your EAP can help the addicted person and their families.</span></span></summary></a></section> |
|  | </td> |
|  | <td class="right col2 date"><time>Mar 28th, 2016</time></td> |
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|  | <td class="left col1 main"><section class="abstr linkB"> |
|  | <a href="[Addiction-April2015](https://canopywell.com/Addiction-April2015)"> |
|  | <h1><span>Is Addiction Impacting Your Life?</span></h1><summary><span>Your Employee Assistant Program (EAP) is available to offer completely confidential help </span></summary></a></section> |
|  | </td> |
|  | <td class="right col2 date"><time>Mar 26th, 2015</time></td> |
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|  | <a href="[EEcc49](https://canopywell.com/EEcc49)"> |
|  | <h1><span>Figure on These Factors When Drinking Alcohol</span></h1><h2>EAP Navigator</h2><summary><span>Read about the factors that can help you keep a confident check on your blood-alcohol content.</span></summary></a></section> |
|  | </td> |
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|  | <a href="[392](https://canopywell.com/392)"> |
|  | <h1><span>Helping the Body and Mind Recover from a Chemical Dependency </span></h1><h2>EAP Navigator</h2><summary><span>When you restore your physical and mental self, you will get more of your life back, chemical-free. Read on for information on how you or a loved one can make a full recovery.<BR></span></summary></a></section> |
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|  | <a href="[353](https://canopywell.com/353)"> |
|  | <h1><span>Take the Alcohol Quiz</span></h1><h2>EAP Navigator</h2><summary><span>Nearly 14 million people in the United States -- 1 in every 13 adults -- abuse alcohol or are alcoholic. How much do you know about alcohol use and abuse? Find out by taking this quiz, based on information from the National Institute on Alcohol Abuse and Alcoholism.</span></summary></a></section> |
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|  | <a href="[267](https://canopywell.com/267)"> |
|  | <h1><span>Be a Quitter</span></h1><h2>Flashmail</h2><summary><span>The American Cancer Society has scheduled the Great American Smokeout (GASO) for November 20, 2008, to encourage smokers to quit for a day in the hope they may quit for good.</span></summary></a></section> |
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|  | <td class="right col2 date"><time>November 2008</time></td> |
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|  | <a href="[261](https://canopywell.com/261)"> |
|  | <h1><span>Tobacco Cessation World Quit Day</span></h1><h2>Flashmail</h2><summary><span>If you have tried to quit smoking, you know how hard it can be. It is hard because nicotine is a very addictive drug. For some people, it can be as addictive as heroin or cocaine. <BR><BR></span></summary></a></section> |
|  | </td> |
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|  | <a href="[239](https://canopywell.com/239)"> |
|  | <h1><span>Crystal Methamphetamine Epidemic</span></h1><h2>Flashmail</h2><summary><span>Canopy, Inc Employee Assistance Program (EAP) supports the effort of confronting the Methamphetamine epidemic.</span></summary></a></section> |
|  | </td> |
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|  | <a href="[91](https://canopywell.com/91)"> |
|  | <h1><span>Get the Facts on Alcohol Use</span></h1><h2>Drugs and Alcohol</h2><summary><span>For many people, the facts about alcoholism are not clear. What is alcoholism, exactly? How does it differ from alcohol abuse? When should a person seek help for a problem related to his or her drinking? <br/></span></summary></a></section> |
|  | </td> |
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|  | <a href="[92](https://canopywell.com/92)"> |
|  | <h1><span>Alcohol Abuse: Deciding to Get Help</span></h1><h2>Drugs and Alcohol</h2><summary><span>How can you tell whether you, or someone close to you, may have a drinking problem? Answering the following four questions can help you find out. (To help remember these questions, note that the first letter of a key word in each of the four questions spells &amp;quot;CAGE.&amp;quot;) <br/></span></summary></a></section> |
|  | </td> |
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|  | <a href="[93](https://canopywell.com/93)"> |
|  | <h1><span>Get the Facts on Inhalants</span></h1><h2>Drugs and Alcohol</h2><summary><span>Inhalants are breathable chemical vapors that produce psychoactive (mind-altering) effects. Although people are exposed to volatile solvents and other inhalants in the home and in the workplace, many do not think of inhalable substances as drugs because most of them were never meant to be used in that way. <br/></span></summary></a></section> |
|  | </td> |
|  | <td class="right col2 date"><time>Jun 26th, 2007</time></td> |
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|  | <a href="[94](https://canopywell.com/94)"> |
|  | <h1><span>Get the Facts on Ecstasy</span></h1><h2>Drugs and Alcohol</h2><summary><span>MDMA is a synthetic, psychoactive drug with both stimulant (amphetamine-like) and hallucinogenic (LSD-like) properties. Street names for MDMA include Ecstasy, Adam, XTC, hug, beans, and love drug. Its chemical structure (3-4 methylenedioxymethamphetamine, &amp;quot;MDMA) is similar to methamphetamine, <br/></span></summary></a></section> |
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|  | <a href="[95](https://canopywell.com/95)"> |
|  | <h1><span>Get the Facts on Methamphetamines</span></h1><h2>Drugs and Alcohol</h2><summary><span>Methamphetamine is a powerfully addictive stimulant that dramatically affects the central nervous system. The drug is made easily in clandestine laboratories with relatively inexpensive over-the-counter ingredients. <br/></span></summary></a></section> |
|  | </td> |
|  | <td class="right col2 date"><time>Jun 26th, 2007</time></td> |
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|  | <a href="[157](https://canopywell.com/157)"> |
|  | <h1><span>Eldercare Services</span></h1><summary><span>Solutions to the aging needs of our parents and ourselves.</span></summary></a></section> |
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|  | <a href="[15EE328](https://canopywell.com/15EE328)"> |
|  | <h1><span>Why You Need an Eldercare Advisor</span></h1><summary><span>It's hard watching your loved one age. Suddenly it becomes clear that mom or dad can no longer live on their own, as their safety and well&ndash;being are at risk. As seniors are less able to stay home because of safety or security concerns, many families are caught in a position where they don't know which direction to turn.</span></summary></a></section> |
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|  | <a href="[15EE165](https://canopywell.com/15EE165)"> |
|  | <h1><span>Caregiving Support Tips</span></h1><h2>EAP Navigator</h2><summary><span>Learn ways to easy the burden of caregiving. </span></summary></a></section> |
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|  | <a href="[15EE78](https://canopywell.com/15EE78)"> |
|  | <h1><span>Top 5 Reasons to Have a Will</span></h1><h2>EAP Navigator</h2><summary><span>Read about 5 important reasons that you should have a will. </span></summary></a></section> |
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|  | <a href="[103](https://canopywell.com/103)"> |
|  | <h1><span>Stress and the Developing Brain</span></h1><h2>Stress</h2><summary><span>It is well known that the early months and years of life are critical for brain development. But the question remains: just how do early influences act on the brain to promote or challenge the developmental process? <br/></span></summary></a></section> |
|  | </td> |
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|  | <a href="[104](https://canopywell.com/104)"> |
|  | <h1><span>Stress Hormone Levels in Women Reduced During Lactation</span></h1><h2>Stress</h2><summary><span>Women who breast-feed their infants produce lower levels of stress response hormones than do women who bottle-feed, according to research conducted by the National Institute of Mental Health (NIMH). <br/></span></summary></a></section> |
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|  | <a href="[70](https://canopywell.com/70)"> |
|  | <h1><span>The Myth of the Bad Parent</span></h1><h2> Family</h2><summary><span>We've all seen it: a little girl throwing a fit in the bread aisle or a little boy kicking and... <br/></span></summary></a></section> |
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|  | <a href="[71](https://canopywell.com/71)"> |
|  | <h1><span>Setting Limits within the Family Setting</span></h1><h2>Family</h2><summary><span>When we, as parents, think of limit setting, we may fail to remember the obvious: setting and enforcing limits... <br/></span></summary></a></section> |
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|  | <a href="[72](https://canopywell.com/72)"> |
|  | <h1><span>Family Meeting</span></h1><h2>Family</h2><summary><span>One effective, yet often overlooked, parenting tool is family meetings... <br/></span></summary></a></section> |
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|  | </span><h1><span>Childcare Services</span></h1><summary><span>Information and resources for childcare, education, parenting, and adoption information.</span></summary></a></section> |
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|  | <a href="[212](https://canopywell.com/212)"> |
|  | <h1><span>EAP NEWSLETTER</span></h1><h2>Volume 14, Issue 1</h2><summary><span>IN THIS ISSUE: Parent's Best Goal, Identity Theft, Emotional Maturity, The Resilience Factor, You and Your Money, How to Use Your EAP</span></summary></a></section> |
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|  | <a href="[151](https://canopywell.com/151)"> |
|  | <h1><span>Identity Theft</span></h1><summary><span>Receive up to a 60&ndash;minute free consultation with a highly&ndash;trained Fraud Resolutions Specialists&trade; (FRS).</span></summary></a></section> |
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|  | <h1><span>Financial Wellness</span></h1><summary><span>Wherever you are in your financial wellness journey, Canopy is here to help. </span></summary></a></section> |
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|  | <h1><span>5 Tips to Reduce Your Financial Stress</span></h1><h2>EAP Navigator</h2><summary><span>Read about tips on reducing your financial stress and how Canopy can help...</span></summary></a></section> |
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|  | <h1><span>5 Reasons Why You Should Work With a Financial Coach</span></h1><h2>EAP Navigator</h2><summary><span>Learn how working with a financial coach can help you to set your financial goals and develop a plan for meeting them. </span></summary></a></section> |
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|  | <a href="[15EE144](https://canopywell.com/15EE144)"> |
|  | <h1><span>Helpful Home Buying Tips</span></h1><h2>EAP Navigator</h2><summary><span>Read about helpful tips to get you started in the home buying process. </span></summary></a></section> |
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|  | <a href="[15EE121](https://canopywell.com/15EE121)"> |
|  | <h1><span>Top Tax Tips to Remember</span></h1><h2>EAP Navigator</h2><summary><span>Learn more about how to ease your tax season stress. </span></summary></a></section> |
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|  | <a href="[15EE60](https://canopywell.com/15EE60)"> |
|  | <h1><span>A Financial Primer for First-Time Homebuyers</span></h1><h2>EAP Navigator</h2><summary><span>Learn important tips on buying your first home. </span></summary></a></section> |
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|  | <h1><span>Tips On Avoiding Financial Trouble and More...</span></h1><h2>EAP Navigator</h2><summary><span>Read about tips on avoiding financial trouble and attend Canopy's Webinar on Financial Peace of Mind... </span></summary></a></section> |
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|  | <h1><span>Five Financial Resolutions for a Prosperous New Year</span></h1><h2>EAP Navigator</h2><summary><span>Read about tips on how to successfully keep New Year's financial resolutions. </span></summary></a></section> |
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|  | <a href="[EAP-June-2014](https://canopywell.com/EAP-June-2014)"> |
|  | <h1><span>Getting Ready: Buying a Home </span></h1><h2>EAP Navigator</h2><summary><span>One way to gauge if you are financially ready to buy a home is to ask yourself thesefour questions</span></summary></a></section> |
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|  | <a href="[420](https://canopywell.com/420)"> |
|  | <h1><span>During the month of July we want you to be aware of our Fraud Resolution &amp; Identity Theft Services</span></h1><summary><span>In the event of an identity theft or fraud related event, Canopy&rsquo;s Fraud Resolutions Specialists provide both affordable and expedient assistance</span></summary></a></section> |
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|  | <a href="[333](https://canopywell.com/333)"> |
|  | <h1><span>March is Financial Education Month</span></h1><summary><span>Did you know....as a benefit through Canopy&rsquo;s financial coaching program, My Secure Advantage (MSA), covered members receive 30 days of unlimited financial coaching at no-cost. </span></summary></a></section> |
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|  | <a href="[311](https://canopywell.com/311)"> |
|  | <h1><span>EAP NEWSLETTER</span></h1><h2>Spring</h2><summary><span>In this issue: Develop a Resilient Personality, Steps to Raise Your Credit Score, Laugh at Work Week, Gift Giving Guide, Manage Your Debt, How to Use Your EAP</span></summary></a></section> |
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|  | <a href="[304](https://canopywell.com/304)"> |
|  | <h1><span>Now&rsquo;s a Good Time to Review Your Financial Habits</span></h1><h2>EAP Navigator - Flashmail</h2><summary><span>Now's a Good Time to Review Your Financial Habits<br/>As the market continues its gyrations and bad news continues to flow on energy, housing and food prices, it's time for a tune&ndash;up of the way you spend, save and plan.</span></summary></a></section> |
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|  | <a href="[264](https://canopywell.com/264)"> |
|  | <h1><span>The &#147;B&#148; Word - Budget Follow Up</span></h1><h2>Flashmail</h2><summary><span>In our last article we suggested that people may need to rethink how they choose to spend money in light of the economic downturn and the increase in expenses for gas and food. There are places to cut back. You may not want to cut back &ndash; but you can. In that article we asked people to email us ideas they use to cut back their spending. We had many people respond with great ideas and wanted to share them.</span></summary></a></section> |
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|  | <a href="[262](https://canopywell.com/262)"> |
|  | <h1><span>The &#147;B&#148; Word - Budget</span></h1><h2>Flashmail</h2><summary><span>In today&rsquo;s economy everyone needs a Budget. With the price of gas at $4.00 a gallon plus &ndash; and no end in sight - everyone has had to rethink everyday expenses.</span></summary></a></section> |
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|  | <a href="[255](https://canopywell.com/255)"> |
|  | <h1><span>Tax Time</span></h1><h2>Flashmail</h2><summary><span>Earlier is better when it comes to working on your taxes. Taxpayers are encouraged to get a head start on tax preparation, especially since early filers avoid the last minute rush and get their refunds sooner.</span></summary></a></section> |
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|  | <a href="[211](https://canopywell.com/211)"> |
|  | <h1><span>EAP NEWSLETTER</span></h1><summary><span>IN THIS ISSUE: Offbeat Ways to Eat Better, Exercise More, Generalized Anxiety, Financial Corner, How to Use Your EAP </span></summary></a></section> |
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|  | <a href="[182](https://canopywell.com/182)"> |
|  | <h1><span>High-Risk Tax Audit Targets</span></h1><h2>Flashmail</h2><summary><span>Worried about the possibility of a tax audit? The odds are low: during the past few years, less than two percent of all tax returns were audited by the Internal Revenue Service (IRS). <br/></span></summary></a></section> |
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|  | <a href="[193](https://canopywell.com/193)"> |
|  | <h1><span>Self Defense Against Identity Theft,<br>Part Three: Computers and Foiling Identity Thieves Away From Home</span></h1><h2>Flashmail</h2><summary><span>Over the past few years the number of people using the internet to conduct business, make purchases, and pay bills has skyrocketed. Unfortunately, so has the number of people looking to steal your information online. The following are tips to protect yourself.<BR> |
|  | </span></summary></a></section> |
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|  | <a href="[97](https://canopywell.com/97)"> |
|  | <h1><span>Compulsive&#47;Problem Gambling</span></h1><h2>Gambling</h2><summary><span>Approximately 80-90% of American adults engage in some form of gambling. For most, these games are a recreational outlet. However, there are people who become preoccupied with winning, spending much of their waking time focused on their next win. <br/></span></summary></a></section> |
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|  | <a href="[98](https://canopywell.com/98)"> |
|  | <h1><span>Casual, Social and Pathological Gambling<br></span></h1><h2>Gambling</h2><summary><span>Gambling can be defined as playing a game of chance for stakes. Gambling occurs in many forms, most commonly pari-mutuels (horse and dog tracks, off-track-betting parlors, Jai Alai), lotteries, casinos (slot machines, table games), bookmaking (sports books and horse books), card rooms, bingo and the stock market. <br/></span></summary></a></section> |
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|  | <a href="[196](https://canopywell.com/196)"> |
|  | <h1><span>Gambling- When Is It A Problem?</span></h1><h2>Flashmail</h2><summary><span>Gambling is a problem when you can&rsquo;t control your impulses to gamble or when it causes problems with work, school or relationships. Sometimes depression, drinking, drugs and even thoughts of suicide can accompany out of control gambling.</span></summary></a></section> |
|  | </td> |
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|  | <a href="[EAP-Navigator-October-2015](https://canopywell.com/EAP-Navigator-October-2015)"> |
|  | <h1><span>Exercise Goals for Healthy Living</span></h1><summary><span>Do you feel it's important to stay active but still find yourself falling back on old habits? Read on for tips on how to develop goals and create an exercise plan that works for you. </span></summary></a></section> |
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|  | <a href="[15EE354](https://canopywell.com/15EE354)"> |
|  | <h1><span>15 Ways to Feel Good</span></h1><summary><span>With some simple strategies, you can hardwire more happiness, love and wisdom into your brain, and thus your life.</span></summary></a></section> |
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|  | <h1><span>National Stroke Awareness</span></h1><summary><span>In honor of National Stroke Awareness Month (May), Assisted Living Locators, your EAP Eldercare resource, wants to encourage you to share information and awareness about this important health&ndash;related issue.</span></summary></a></section> |
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|  | <a href="[Food-for-Whole-Body-Health](https://canopywell.com/Food-for-Whole-Body-Health)"> |
|  | <h1><span>Food for Whole Body Health</span></h1><summary><span>Why does healthy food matter? Healthy food provides our bodies nutrients, and nutrients are essential to manufacture neurotransmitters. Without key nutrients our neurotransmitters suffer and our mental and physical health are negatively affected. </span></summary></a></section> |
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|  | <a href="[Mindfulness-for-Your-Health](https://canopywell.com/Mindfulness-for-Your-Health)"> |
|  | <h1><span>Mindfulness for Your Health</span></h1><summary><span>Mindfulness is a practice that starts small and works up to all day every day moments. </span></summary></a></section> |
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|  | <a href="[Dont-Let-Anxiety-Control-Your-Life](https://canopywell.com/Dont-Let-Anxiety-Control-Your-Life)"> |
|  | <h1><span>Don&rsquo;t Let Anxiety Control Your Life</span></h1><summary><span>Anxiety is familiar to everyone due to the many stresses and complexities of modern life. But about 25 percent of U.S. adults have a serious problem with anxiety at some time in their lives.</span></summary></a></section> |
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|  | <a href="[197GP73](https://canopywell.com/197GP73)"> |
|  | <h1><span>Optimize Your Energy to Increase Your Productivity</span></h1><summary><span>On this episode, professional organizer Debbie Rosemont discusses work life harmony and using the SAVERS acronym for getting into the correct mind set to start your day off right.</span></summary></a></section> |
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|  | <a href="[5-Healthy-Morning-Habits-in-15-Minutes-or-Less](https://canopywell.com/5-Healthy-Morning-Habits-in-15-Minutes-or-Less)"> |
|  | <h1><span>5 Healthy Morning Habits in 15 Minutes or Less</span></h1><summary><span>If your mornings are met with less than enthusiasm, you're not alone. The average working American wakes up, hits the snooze button (a few times), checks email and Internet, skips breakfast and grabs to&ndash;go coffee before heading out on a grueling morning commute.</span></summary></a></section> |
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|  | <a href="[Selfcare-Through-Sound-Healing](https://canopywell.com/Selfcare-Through-Sound-Healing)"> |
|  | <h1><span>Self-care Through Sound Healing</span></h1><summary><span>Managing work and personal stress while also attempting to find fulfillment has become the new American past&ndash;time. Meditation, yoga, and massage therapy are all excellent self&ndash;care tools. </span></summary></a></section> |
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|  | <a href="[Practicing-Mindfulness-in-the-Workplace](https://canopywell.com/Practicing-Mindfulness-in-the-Workplace)"> |
|  | <h1><span>Practicing Mindfulness in the Workplace</span></h1><summary><span>Many people tend to confuse mindfulness with meditation, Waldorf says. But meditation is a specific task, whereas mindfulness is a general day&ndash;to&ndash;day mindset.</span></summary></a></section> |
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|  | <h1><span>Optimizing Health at Any Age</span></h1><summary><span>People age 50 to 70 are currently reshaping how we define aging. Many of these trailblazers have maintained regular exercise, good nutrition and reduced stress throughout adulthood as part of their healthy lifestyle commitment.</span></summary></a></section> |
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|  | <a href="[The-Beauty-Within-a-Blue-Zone-Lifestyle](https://canopywell.com/The-Beauty-Within-a-Blue-Zone-Lifestyle)"> |
|  | <h1><span>The Beauty Within a Blue Zone Lifestyle</span></h1><summary><span>Have you ever considered living beyond the age of 100? If you answered yes, you've more than likely considered how to incorporate holistic health practices into your lifestyle.</span></summary></a></section> |
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|  | <a href="[Sleep-Hygiene](https://canopywell.com/Sleep-Hygiene)"> |
|  | <h1><span>Sleep Hygiene - Lifestyle Practices to Encourage Healthy Sleep Patterns for Overall Well-Being</span></h1><summary><span>Many people suffer from the harmful effects of disrupted or sleepless nights. Poor sleep patterns have been linked to numerous health issues, both immediate and long&ndash;term.</span></summary></a></section> |
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|  | <a href="[15EE210](https://canopywell.com/15EE210)"> |
|  | <h1><span>Sleep Support</span></h1><summary><span>Learn more about sleep disorders and how Canopy can help you improve your quality of sleep. </span></summary></a></section> |
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|  | <a href="[15EE211](https://canopywell.com/15EE211)"> |
|  | <h1><span>6 Tips for Improving Your Sleep</span></h1><h2>EAP Navigator</h2><summary><span>Read about tips to help you get a good night's rest.</span></summary></a></section> |
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|  | <a href="[15EE201](https://canopywell.com/15EE201)"> |
|  | <h1><span>5 Healthy Habits that Can Help Prolong Your Life</span></h1><h2>EAP Navigator</h2><summary><span>Read about tips for incorporating healthy habits into your life.</span></summary></a></section> |
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|  | <a href="[Free-Yourself-from-Sugar-Dependence](https://canopywell.com/Free-Yourself-from-Sugar-Dependence)"> |
|  | <h1><span>Free Yourself from Sugar Dependence</span></h1><summary><span>While there is much to celebrate as we start the new year, there may also be anxiety around resolutions to eat healthier or lose weight.</span></summary></a></section> |
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|  | <a href="[335](https://canopywell.com/335)"> |
|  | <h1><span>Don&rsquo;t Let Anxiety Control Your Life</span></h1><h2>EAP Navigator</h2><summary><span>Anxiety is familiar to everyone due to the many stresses and complexities of modern life. But about 25 percent of US adults have a serious problem with anxiety at some time in their lives.</span></summary></a></section> |
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|  | <a href="[15EE138](https://canopywell.com/15EE138)"> |
|  | <h1><span>How to Achieve Your Exercise Goals</span></h1><h2>EAP Navigator</h2><summary><span>Learn tips on how to help you succeed with your fitness goals.</span></summary></a></section> |
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|  | <a href="[15EE131](https://canopywell.com/15EE131)"> |
|  | <h1><span>Debunking Dieting Myths</span></h1><summary><span>Did you ever wonder why diets don't seem to work? That even when you lose weight it seems to come back, maybe with a few extra pounds? This training explores the biology and research behind our bodies' resistance to weight loss.</span></summary></a></section> |
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|  | <a href="[Canopy-Home-Ownership-Program](https://canopywell.com/Canopy-Home-Ownership-Program)"> |
|  | <h1><span>Home Ownership and Housing Support</span></h1><summary><span>Learn about Canopy's free Home Ownership Program.</span></summary></a></section> |
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|  | <td class="right col2 date"><time>Jan 1st, 2023</time></td> |
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|  | <a href="[Housing-Support](https://canopywell.com/Housing-Support)"> |
|  | <h1><span>Home Ownership and Housing Support</span></h1><summary><span>Canopy offers a variety of services to help everyone with housing. </span></summary></a></section> |
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|  | <a href="[7-Steps-Buying-a-Home](https://canopywell.com/7-Steps-Buying-a-Home)"> |
|  | <h1><span>7 Steps to Buying a Home</span></h1><summary><span>If you've decided to buy a house, you may be wondering where to begin. Here are 7 steps to help guide you with the home buying process</span></summary></a></section> |
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|  | <a href="[15EE244](https://canopywell.com/15EE244)"> |
|  | <h1><span>7 Steps to Buying a Home</span></h1><h2>EAP Navigator</h2><summary><span>Read about 7 steps that will help guide you through the home buying process. </span></summary></a></section> |
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|  | <h1><span>View Past Webinars</span></h1></a></section> |
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|  | <a href="[EAP-June-2014](https://canopywell.com/EAP-June-2014)"> |
|  | <h1><span>Getting Ready: Buying a Home </span></h1><h2>EAP Navigator</h2><summary><span>One way to gauge if you are financially ready to buy a home is to ask yourself thesefour questions</span></summary></a></section> |
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|  | <td class="right col2 date"><time>Jun 4th, 2014</time></td> |
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|  | <a href="[151](https://canopywell.com/151)"> |
|  | <h1><span>Identity Theft</span></h1><summary><span>Receive up to a 60&ndash;minute free consultation with a highly&ndash;trained Fraud Resolutions Specialists&trade; (FRS).</span></summary></a></section> |
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|  | <a href="[154](https://canopywell.com/154)"> |
|  | <h1><span>Estate Planning and Legal Support</span></h1><summary><span>Legal consultations, downloadable legal forms, and more.</span></summary></a></section> |
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|  | <a href="[Legal-Tools](https://canopywell.com/Legal-Tools)"> |
|  | <h1><span>Legal and Identity Theft Resources</span></h1><summary><span>Access our Enhanced Legal and Identity Theft Resource Center</span></summary></a></section> |
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|  | <a href="[15EE79](https://canopywell.com/15EE79)"> |
|  | <h1><span>Free Simple Will Kit Questionnaire</span></h1><summary><span>Find out how Canopy can help you with Estate Planning and creating a will. </span></summary></a></section> |
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|  | <h1><span>Top 5 Reasons to Have a Will</span></h1><h2>EAP Navigator</h2><summary><span>Read about 5 important reasons that you should have a will. </span></summary></a></section> |
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|  | <a href="[420](https://canopywell.com/420)"> |
|  | <h1><span>During the month of July we want you to be aware of our Fraud Resolution &amp; Identity Theft Services</span></h1><summary><span>In the event of an identity theft or fraud related event, Canopy&rsquo;s Fraud Resolutions Specialists provide both affordable and expedient assistance</span></summary></a></section> |
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|  | <a href="[301](https://canopywell.com/301)"> |
|  | <h1><span>Many Options for Naming Insurance Beneficiary</span></h1><h2>EAP Navigator - Flashmail</h2><summary><span>Many Options for Naming Insurance Beneficiary<br/>After you are approved for a life insurance policy, you have a big decision: naming a beneficiary. It's not as simple as it appears to be.</span></summary></a></section> |
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|  | <a href="[193](https://canopywell.com/193)"> |
|  | <h1><span>Self Defense Against Identity Theft,<br>Part Three: Computers and Foiling Identity Thieves Away From Home</span></h1><h2>Flashmail</h2><summary><span>Over the past few years the number of people using the internet to conduct business, make purchases, and pay bills has skyrocketed. Unfortunately, so has the number of people looking to steal your information online. The following are tips to protect yourself.<BR> |
|  | </span></summary></a></section> |
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|  | <a href="[198](https://canopywell.com/198)"> |
|  | <h1><span>Self Defense Against Identity Theft,<br>Part Two: Protecting Your Identity at Home</span></h1><h2>Flashmail</h2><summary><span>For most of us, our homes are our refuge where we feel a sense of peace and safety. However, more and more ID thieves are stealing our mail and using information gained over the telephone to gather information about us. The ID thieves then use the information to steal our identity and ruin our name and credit. <br/></span></summary></a></section> |
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|  | <a href="[181](https://canopywell.com/181)"> |
|  | <h1><span>Self Defense Against Identity Theft <br>Part One: What To Do if You Are a Victim</span></h1><h2>Flashmail</h2><summary><span>If you discover that you have been a victim of identity theft, the following steps will help get you on the right track to keeping or restoring your good name: <br/></span></summary></a></section> |
|  | </td> |
|  | <td class="right col2 date"><time>April 2004</time></td> |
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|  | <a href="[107](https://canopywell.com/107)"> |
|  | <h1><span>Intimacy</span></h1><h2>Marriage</h2><summary><span>Sustaining intimacy in a relationship requires hard work and commitment of two separate individuals.<br/><br/>The following characteristics are involved: </span></summary></a></section> |
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|  | <a href="[10-Ways-to-Support-Your-Partner](https://canopywell.com/10-Ways-to-Support-Your-Partner)"> |
|  | <h1><span>10 Ways to Support Your Partner</span></h1><summary><span>For couples who have children here's a top ten list (in no particular order) of ways to support your partner.</span></summary></a></section> |
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|  | <td class="right col2 date"><time>July 25, 2019</time></td> |
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|  | <a href="[419](https://canopywell.com/419)"> |
|  | <h1><span>Tips for Better Communication with Your Spouse</span></h1><h2>EAP Navigator</h2><summary><span>To keep a relationship strong and healthy, effective communication is a key skill.</span></summary></a></section> |
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|  | <a href="[402](https://canopywell.com/402)"> |
|  | <h1><span>Tips for Better Communication with Your Spouse</span></h1><h2>EAP Navigator</h2><summary><span>To keep a relationship strong and healthy, effective communication is a key skill. Communication allows couples to share their thoughts and feelings and engage in healthy problem solving. </span></summary></a></section> |
|  | </td> |
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|  | <a href="[388](https://canopywell.com/388)"> |
|  | <h1><span>Simplify Your Life</span></h1><h2>EAP Navigator</h2><summary><span>Keeping personal items, work, and events organized is key to living a balanced and productive life. By organizing effectively, you will be better able to prioritize and plan, leaving more time to do the things that are important to you.</span></summary></a></section> |
|  | </td> |
|  | <td class="right col2 date"><time>Jul 31st, 2012</time></td> |
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|  | <a href="[301](https://canopywell.com/301)"> |
|  | <h1><span>Many Options for Naming Insurance Beneficiary</span></h1><h2>EAP Navigator - Flashmail</h2><summary><span>Many Options for Naming Insurance Beneficiary<br/>After you are approved for a life insurance policy, you have a big decision: naming a beneficiary. It's not as simple as it appears to be.</span></summary></a></section> |
|  | </td> |
|  | <td class="right col2 date"><time>Aug 28th, 2009</time></td> |
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|  | </header><section class="copy copySub"> |
|  |  |
|  | <summary><span>Good mental health is just as important as good physical health. But we all face changes in life that can challenge our emotional well&ndash;being.<br/><br/>Whatever happens in your life, make your mental health a priority. You'll feel better and deal with stress better.</span></summary> |
|  | <a href="[197GP6](https://canopywell.com/197GP6)" class="readMore"><span class="moreInfoLink"><span>More Info</span></span></a> |
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|  | <a href="[Suicide-Awareness-and-Prevention](https://canopywell.com/Suicide-Awareness-and-Prevention)"> |
|  | <h1><span>Suicide Awareness and Prevention</span></h1><summary><span>September is National Suicide Prevention Month, a time when companies, schools, non-profits, other groups, and communities unite to highlight mental health advocacy, allyship for survivors, and promote suicide prevention</span></summary></a></section> |
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|  | <a href="[The-Truth-About-the-Stages-of-Grief](https://canopywell.com/The-Truth-About-the-Stages-of-Grief)"> |
|  | <h1><span>The Truth About the Stages of Grief</span></h1><summary><span>Grief is not a linear timeline, but instead a whirlpool of emotions, some of them reoccurring. Understanding the stages of grief can help manage the various emotions that come up.</span></summary></a></section> |
|  | </td> |
|  | <td class="right col2 date"><time>November 14, 2019</time></td> |
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|  | <td class="left col1 main"><section class="abstr linkB"> |
|  | <a href="[The-Good-the-Bad-and-the-Stressful](https://canopywell.com/The-Good-the-Bad-and-the-Stressful)"> |
|  | <h1><span>The Good, the Bad, and the Stressful</span></h1><summary><span>Stress is an emotion that we experience a lot, especially in today's world. We don't seem to have enough time to do everything we need to do. We have lots of tasks, and no plan to pursue them. We may feel worry about what we cannot control. In short, there are many reasons why stress is a challenge.</span></summary></a></section> |
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|  | <a href="[Feel-Cared-About](https://canopywell.com/Feel-Cared-About)"> |
|  | <h1><span>Feel Cared About</span></h1><summary><span>Everyone knows what it&rsquo;s like to care about someone. Remember being with a friend, a mate, a pet: you feel warmly connected, and want him or her not to suffer and to be happy.</span></summary></a></section> |
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|  | <a href="[How-to-be-Mindful-at-Work](https://canopywell.com/How-to-be-Mindful-at-Work)"> |
|  | <h1><span>How to be Mindful at Work</span></h1><summary><span>Mindfulness has become a popular subject, and for a good reason. It involves being aware of the present and keeping any distractions or self-defeating thoughts out of your head. Many who have tried mindfulness swear by its health benefits, from sleeping better to even reducing your risk of disease.</span></summary></a></section> |
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|  | <a href="[Raising-Self-esteem-for-Better-Health-and-Fulfillment](https://canopywell.com/Raising-Self-esteem-for-Better-Health-and-Fulfillment)"> |
|  | <h1><span>Raising Self-esteem for Better Health and Fulfillment</span></h1><summary><span>Most of us would agree that there are cultural and socioeconomic barriers in life. Some people have grown up in environments whereas children they were told they would succeed, contribute to society, and live an abundant life.</span></summary></a></section> |
|  | </td> |
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|  | <a href="[Anger-A-Misunderstood-Emotion](https://canopywell.com/Anger-A-Misunderstood-Emotion)"> |
|  | <h1><span>Anger - A Misunderstood Emotion</span></h1><summary><span>Anger is quite misunderstood. It's an emotion associated with those who have lost control. Those who are dangerous. Those who are irrational. And there are some legitimate reasons to think that. Those who can't control their anger do need to seek help in order to make managing anger better for them.</span></summary></a></section> |
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|  | <a href="[15EE354](https://canopywell.com/15EE354)"> |
|  | <h1><span>15 Ways to Feel Good</span></h1><summary><span>With some simple strategies, you can hardwire more happiness, love and wisdom into your brain, and thus your life.</span></summary></a></section> |
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|  | <a href="[Taming-our-Cynicism](https://canopywell.com/Taming-our-Cynicism)"> |
|  | <h1><span>Taming our Cynicism</span></h1><summary><span>We may never fully understand why humans behave the way they do. However, cynicism can keep us from connecting and experiencing genuine loving relationships. We have control over our own perspectives, and how we choose to behave during difficult experiences.</span></summary></a></section> |
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|  | <a href="[149jk66](https://canopywell.com/149jk66)"> |
|  | <h1><span>The Trip from Self to Less</span></h1><summary><span>As a meditation professional and passionate advocate of the practice, I am forever asking myself and students: Who Am I, Who Am I, Who Am I? This central question to most meditation lineages is one that is meant to evoke curiosity til the end of life and time.</span></summary></a></section> |
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|  | <a href="[Pay-Attention](https://canopywell.com/Pay-Attention)"> |
|  | <h1><span>Just One Thing: Pay Attention</span></h1><summary><span>Moment to moment, the flows of thoughts and feelings, sensations and desires, and conscious and unconscious processes sculpt your nervous system like water gradually carving furrows and eventually gullies on a hillside. Your brain is continually changing its structure. The only question is: Is it for better or worse?</span></summary></a></section> |
|  | </td> |
|  | <td class="right col2 date"><time>April 19, 2019</time></td> |
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|  | <a href="[15EE336](https://canopywell.com/15EE336)"> |
|  | <h1><span>Whole-Person Wellbeing</span></h1><summary><span>Learn more about a holistic approach to wellness and how your EAP benefit can improve your quality of life. </span></summary></a></section> |
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|  | <a href="[Digital-Detachment](https://canopywell.com/Digital-Detachment)"> |
|  | <h1><span>Digital Detachment</span></h1><summary><span>On average, Americans spend more than half of their waking lives staring at a screen. This type of technology fixation has been linked to a number of negative health effects, both physical and emotional. </span></summary></a></section> |
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|  | <a href="[Mindfulness-for-Your-Health](https://canopywell.com/Mindfulness-for-Your-Health)"> |
|  | <h1><span>Mindfulness for Your Health</span></h1><summary><span>Mindfulness is a practice that starts small and works up to all day every day moments. </span></summary></a></section> |
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|  | <a href="[The-Healing-Power-of-Forgiveness](https://canopywell.com/The-Healing-Power-of-Forgiveness)"> |
|  | <h1><span>The Healing Power of Forgiveness</span></h1><summary><span>If you've ever been harmed by someone you understand how difficult it can be to offer forgiveness. Forgiveness is a commitment, and the process may bring feelings and emotions to the surface.</span></summary></a></section> |
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|  | <a href="[Five-Tips-for-Bringing-Happiness-into-Your-Life](https://canopywell.com/Five-Tips-for-Bringing-Happiness-into-Your-Life)"> |
|  | <h1><span>Five Tips for Bringing Happiness into Your Life</span></h1><summary><span>According to Aristotle, happiness &ldquo;is the meaning and the purpose of life, the whole aim and end of human existence.&rdquo;</span></summary></a></section> |
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|  | <td class="right col2 date"><time>December 18, 2018</time></td> |
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|  | <a href="[15EE301](https://canopywell.com/15EE301)"> |
|  | <h1><span>How You Can Help Prevent Suicide</span></h1><summary><span>With mental health awareness on the rise in workplaces across the country, colleagues and supervisors are in a unique position to respond to signs of distress and provide support. I</span></summary></a></section> |
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|  | <a href="[5-Simple-Ways-to-Practice-Mindfulness](https://canopywell.com/5-Simple-Ways-to-Practice-Mindfulness)"> |
|  | <h1><span>5 Simple Ways to Practice Mindfulness</span></h1><summary><span>Mindfulness is a learned skill where we deliberately focus and pay attention to what is happening in the present moment without judgment or criticism.</span></summary></a></section> |
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|  | <a href="[Dont-Let-Anxiety-Control-Your-Life](https://canopywell.com/Dont-Let-Anxiety-Control-Your-Life)"> |
|  | <h1><span>Don&rsquo;t Let Anxiety Control Your Life</span></h1><summary><span>Anxiety is familiar to everyone due to the many stresses and complexities of modern life. But about 25 percent of U.S. adults have a serious problem with anxiety at some time in their lives.</span></summary></a></section> |
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|  | <a href="[197GP73](https://canopywell.com/197GP73)"> |
|  | <h1><span>Optimize Your Energy to Increase Your Productivity</span></h1><summary><span>On this episode, professional organizer Debbie Rosemont discusses work life harmony and using the SAVERS acronym for getting into the correct mind set to start your day off right.</span></summary></a></section> |
|  | </td> |
|  | <td class="right col2 date"><time>October 11, 2018</time></td> |
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|  | <a href="[Avoiding-Burnout](https://canopywell.com/Avoiding-Burnout)"> |
|  | <h1><span>Avoiding Burnout</span></h1><summary><span>Learn about tools to help prevent burnout and regain your balance again.</span></summary></a></section> |
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|  | <td class="right col2 date"><time>Mar 20th, 2023</time></td> |
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|  | <a href="[Behavioral-Coaching](https://canopywell.com/Behavioral-Coaching)"> |
|  | <h1><span>Behavioral Coaching</span></h1><summary><span>Strategy sessions with a qualified mental health professional that provides you with support to improve your life and relationships.</span></summary></a></section> |
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|  | <td class="right col2 date"><time>Jan 3rd, 2022</time></td> |
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|  | <a href="[5-Podcasts-About-Women-at-Work-to-Change-How-You-Show-Up](https://canopywell.com/5-Podcasts-About-Women-at-Work-to-Change-How-You-Show-Up)"> |
|  | <h1><span>5 Podcasts About Women at Work to Change How You Show Up</span></h1></a></section> |
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|  | <a href="[Three-Myths-about-High-Achievers-in-the-Workplace](https://canopywell.com/Three-Myths-about-High-Achievers-in-the-Workplace)"> |
|  | <h1><span>Three Myths about High Achievers in the Workplace</span></h1><summary><span>Maki Moussavi breaks down 3 myths regarding achieving success and how to feel truly fulfilled by your work. </span></summary></a></section> |
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|  | <a href="[Drop-The-Shoulds](https://canopywell.com/Drop-The-Shoulds)"> |
|  | <h1><span>Drop The "Shoulds"</span></h1><summary><span>It's natural to move toward what feels good and away from what doesn't, natural as well to have values, principles, and morals. But when these healthy inclinations become internal <span style=" 'Helvetica';font-style:italic;">rules</span> &ndash; &quot;shoulds,&quot; &quot;musts,&quot; and &quot;gottas&quot; &ndash; then there is a big problem.</span></summary></a></section> |
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|  | <a href="[The-One-Attribute-Leaders-Need-to-Thrive](https://canopywell.com/The-One-Attribute-Leaders-Need-to-Thrive)"> |
|  | <h1><span>The One Attribute Leaders Need to Thrive</span></h1><summary><span>What I believe is at leadership&rsquo;s core is authenticity. It is geography, industry, and situation agnostic. A leaders&rsquo; willingness and ability to stick to his or her core values directly affects how they respond in difficult situations, during uncertain times, and when stakes are high.</span></summary></a></section> |
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|  | <a href="[Hold-Wants-Lightly](https://canopywell.com/Hold-Wants-Lightly)"> |
|  | <h1><span>Hold Wants Lightly</span></h1><summary><span>Getting caught up in wanting &ndash; wanting both to get what's pleasant and to avoid what's unpleasant &ndash; is a major source of suffering and harm for oneself and others.</span></summary></a></section> |
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|  | <a href="[How-to-Boost-Energy-and-Confidence-at-Work](https://canopywell.com/How-to-Boost-Energy-and-Confidence-at-Work)"> |
|  | <h1><span>How to Boost Energy and Confidence at Work</span></h1><summary><span>A successful company depends on successful employees, and successful employees depend on successful engagement.&nbsp; When an employee isn't engaged, they're minimizing their company's potential by not maximizing their own.</span></summary></a></section> |
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|  | <a href="[Tried-Everything-and-Still-Over-Scheduling-Try-these-Proven-Time-Management-Tips](https://canopywell.com/Tried-Everything-and-Still-Over-Scheduling-Try-these-Proven-Time-Management-Tips)"> |
|  | <h1><span>Tried Everything and Still Over Scheduling? Try these Proven Time Management Tips</span></h1><summary><span>I&rsquo;ve been known as a perpetual over-scheduler for much of my professional life. I&rsquo;m not sharing this to gain your sympathy, or to impress you. I agree emphatically with Brene Brown who says we need to give up exhaustion as a status symbol. But even for the most mindful, doing less is easier said than done.</span></summary></a></section> |
|  | </td> |
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|  | <a href="[More-Consciousness-Less-Feedback](https://canopywell.com/More-Consciousness-Less-Feedback)"> |
|  | <h1><span>More Consciousness. Less Feedback</span></h1><summary><span>Rat race. It's a phrase we all know, and its origins began in a lab, centuries ago, as rats raced through a maze to be the first to get the cheese. It seems so archaic, and yet, the analogy is still true today, and that's a problem.</span></summary></a></section> |
|  | </td> |
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|  | <a href="[How-to-be-Mindful-at-Work](https://canopywell.com/How-to-be-Mindful-at-Work)"> |
|  | <h1><span>How to be Mindful at Work</span></h1><summary><span>Mindfulness has become a popular subject, and for a good reason. It involves being aware of the present and keeping any distractions or self-defeating thoughts out of your head. Many who have tried mindfulness swear by its health benefits, from sleeping better to even reducing your risk of disease.</span></summary></a></section> |
|  | </td> |
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|  | <td class="left col1 main"><section class="abstr linkB"> |
|  | <a href="[Managing-Means-Continuous-Learning](https://canopywell.com/Managing-Means-Continuous-Learning)"> |
|  | <h1><span>Managing Means Continuous Learning</span></h1><summary><span>Many first&ndash;time managers are thrown into their new roles with little or no preparation. If you're one of them, hopefully you thrive on developing others and leading a team. With minimal (to no) training and the desire to get good fast, you're probably looking for tips to help you improve your managerial skills. Even if you're a seasoned manager, there's always plenty to learn.</span></summary></a></section> |
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|  | <a href="[Manage-Up-Like-a-Pro](https://canopywell.com/Manage-Up-Like-a-Pro)"> |
|  | <h1><span>Manage Up Like a Pro</span></h1><summary><span>Managers are people too! They are imperfect and need people to lean in. Even when you may be frustrated, do your best to step into their shoes and try and understand their actions, and what they may have going on.</span></summary></a></section> |
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|  | <a href="[15EE301](https://canopywell.com/15EE301)"> |
|  | <h1><span>How You Can Help Prevent Suicide</span></h1><summary><span>With mental health awareness on the rise in workplaces across the country, colleagues and supervisors are in a unique position to respond to signs of distress and provide support. I</span></summary></a></section> |
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|  | <a href="[Personal-Development-Is-Career-Development](https://canopywell.com/Personal-Development-Is-Career-Development)"> |
|  | <h1><span>Personal Development IS Career Development</span></h1><summary><span>Personal development is intensely important to one's professional path regardless of one's specific career goals.</span></summary></a></section> |
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|  | <a href="[197GP73](https://canopywell.com/197GP73)"> |
|  | <h1><span>Optimize Your Energy to Increase Your Productivity</span></h1><summary><span>On this episode, professional organizer Debbie Rosemont discusses work life harmony and using the SAVERS acronym for getting into the correct mind set to start your day off right.</span></summary></a></section> |
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|  | <a href="[15EE249](https://canopywell.com/15EE249)"> |
|  | <h1><span>10 Tips for Improving Your Listening Skills</span></h1><h2>EAP Navigator</h2><summary><span>Read about tips that can help you improve your listening skills. </span></summary></a></section> |
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|  | <a href="[15EE183](https://canopywell.com/15EE183)"> |
|  | <h1><span>Mindfulness</span></h1><summary><span>This seminar will first provide a brief review of stress, what it is and how it affects us.</span></summary></a></section> |
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|  | <a href="[15EE185](https://canopywell.com/15EE185)"> |
|  | <h1><span>Depression Awareness</span></h1><summary><span>Many of us are touched directly or indirectly by depression. Learn about what depression is, symptoms of depression, and different treatment options. </span></summary></a></section> |
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|  | <a href="[15EE177](https://canopywell.com/15EE177)"> |
|  | <h1><span>Building Personal Resilience</span></h1><summary><span>When illness, relocation, conflict, or any other hardships befall us, we often feel unprepared to make adjustments needed to &ldquo;weather the storm.&rdquo; Why are some of us more capable of adapting to sudden changes and misfortune than others?</span></summary></a></section> |
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|  | <a href="[334](https://canopywell.com/334)"> |
|  | <h1><span>Domestic Violence</span></h1><summary><span>It's not easy to end any relationship, whether abuse is involved or not. However, if you or someone you know is currently experiencing or have experienced abuse in an intimate relationship, support is available.</span></summary></a></section> |
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|  | <h1><span>Find Stillness</span></h1></a></section> |
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|  | <h1><span>The Truth About the Stages of Grief</span></h1><summary><span>Grief is not a linear timeline, but instead a whirlpool of emotions, some of them reoccurring. Understanding the stages of grief can help manage the various emotions that come up.</span></summary></a></section> |
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|  | <a href="[Hold-Wants-Lightly](https://canopywell.com/Hold-Wants-Lightly)"> |
|  | <h1><span>Hold Wants Lightly</span></h1><summary><span>Getting caught up in wanting &ndash; wanting both to get what's pleasant and to avoid what's unpleasant &ndash; is a major source of suffering and harm for oneself and others.</span></summary></a></section> |
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|  | <a href="[The-Good-the-Bad-and-the-Stressful](https://canopywell.com/The-Good-the-Bad-and-the-Stressful)"> |
|  | <h1><span>The Good, the Bad, and the Stressful</span></h1><summary><span>Stress is an emotion that we experience a lot, especially in today's world. We don't seem to have enough time to do everything we need to do. We have lots of tasks, and no plan to pursue them. We may feel worry about what we cannot control. In short, there are many reasons why stress is a challenge.</span></summary></a></section> |
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|  | <a href="[Feel-Cared-About](https://canopywell.com/Feel-Cared-About)"> |
|  | <h1><span>Feel Cared About</span></h1><summary><span>Everyone knows what it&rsquo;s like to care about someone. Remember being with a friend, a mate, a pet: you feel warmly connected, and want him or her not to suffer and to be happy.</span></summary></a></section> |
|  | </td> |
|  | <td class="right col2 date"><time>September 16, 2019</time></td> |
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|  | <a href="[Raising-Self-esteem-for-Better-Health-and-Fulfillment](https://canopywell.com/Raising-Self-esteem-for-Better-Health-and-Fulfillment)"> |
|  | <h1><span>Raising Self-esteem for Better Health and Fulfillment</span></h1><summary><span>Most of us would agree that there are cultural and socioeconomic barriers in life. Some people have grown up in environments whereas children they were told they would succeed, contribute to society, and live an abundant life.</span></summary></a></section> |
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|  | <td class="right col2 date"><time>August 19, 2019</time></td> |
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|  | <a href="[Love-Someone](https://canopywell.com/Love-Someone)"> |
|  | <h1><span>Love Someone</span></h1><summary><span>Love can be expressed in simple or subtle ways, such as a call to a friend, more patience with a partner, saying what you liked about a co&ndash;worker's idea, or seeing the being behind the eyes of a stranger passing on the sidewalk.</span></summary></a></section> |
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|  | <a href="[Recalibrate-Your-WorkLife-Balance-with-These-4-Questions](https://canopywell.com/Recalibrate-Your-WorkLife-Balance-with-These-4-Questions)"> |
|  | <h1><span>Recalibrate Your Work-Life Balance with These 4 Questions</span></h1><summary><span>For many of us, home and work hold nearly equal importance. We want to be great parents, attentive friends, and stellar employees simultaneously, so we're constantly on the move, trying not to let one facet of our lives suffer for another.</span></summary></a></section> |
|  | </td> |
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|  | <a href="[149jk66](https://canopywell.com/149jk66)"> |
|  | <h1><span>The Trip from Self to Less</span></h1><summary><span>As a meditation professional and passionate advocate of the practice, I am forever asking myself and students: Who Am I, Who Am I, Who Am I? This central question to most meditation lineages is one that is meant to evoke curiosity til the end of life and time.</span></summary></a></section> |
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|  | <a href="[15EE336](https://canopywell.com/15EE336)"> |
|  | <h1><span>Whole-Person Wellbeing</span></h1><summary><span>Learn more about a holistic approach to wellness and how your EAP benefit can improve your quality of life. </span></summary></a></section> |
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|  | <a href="[15EE276](https://canopywell.com/15EE276)"> |
|  | <h1><span>5 Tips for Bringing Happiness to Your Life</span></h1><summary><span>Read about tips to help you create a happier life.</span></summary></a></section> |
|  | </td> |
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|  | <h1><span>Mindfulness</span></h1><summary><span>This seminar will first provide a brief review of stress, what it is and how it affects us.</span></summary></a></section> |
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|  | <a href="[15EE138](https://canopywell.com/15EE138)"> |
|  | <h1><span>How to Achieve Your Exercise Goals</span></h1><h2>EAP Navigator</h2><summary><span>Learn tips on how to help you succeed with your fitness goals.</span></summary></a></section> |
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|  | <a href="[15EE46](https://canopywell.com/15EE46)"> |
|  | <h1><span>Optimism</span></h1><summary><span>People can change their outlook on life in a positive way, which can change their quality of life.</span></summary></a></section> |
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|  | <a href="[386](https://canopywell.com/386)"> |
|  | <h1><span>Balancing Your Two Lives (Home and Work)</span></h1><h2>EAP Navigator</h2><summary><span>Among the essential ingredients of a balanced life are meaningful activity, physical and mental health, satisfying relationships and peace of mind. To achieve that balance, you must successfully juggle the demands of your work, personal life, family and relationships.</span></summary></a></section> |
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|  | <a href="[201](https://canopywell.com/201)"> |
|  | <h1><span>Encouraging Your Family To Exercise</span></h1><h2>Flashmail</h2><summary><span>It&rsquo;s a disturbing fact that new research from the National Center for Health Statistics shows that nearly 5 million children ages 6 through 17 are severely overweight. |
|  | </span></summary></a></section> |
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|  | <a href="[208](https://canopywell.com/208)"> |
|  | <h1><span>EAP NEWSLETTER</span></h1><h2>Volume 15, Issue 3</h2><summary><span>IN THIS ISSUE: 9/11 One Year Later, Walking, Personal Safety,Communication Skills, Flu Shot, Assessing Anger,How to Use Your EAP</span></summary></a></section> |
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|  | <h2>Resource Articles</h2> |
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|  | <summary><span>Resilience is the ability to adapt well in the face of adversity, trauma, tragedy or significant stress. Resilient people don't dwell on failures; they acknowledge the situation, learn from their mistakes, and then move forward.</span></summary> |
|  | <a href="[Resiliency](https://canopywell.com/Resiliency)" class="readMore"><span class="moreInfoLink"><span>More Info</span></span></a> |
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|  | <a href="[83](https://canopywell.com/83)"> |
|  | <h1><span>Resiliency: How Resilient Are You?</span></h1><summary><span>Over 30 years of research into the inner nature of life's best survivors has created a clear understanding of human resiliency and how it develops. Highly resilient people show many similar qualities:<BR> |
|  | </span></summary></a></section> |
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|  | <h1><span>The Truth About the Stages of Grief</span></h1><summary><span>Grief is not a linear timeline, but instead a whirlpool of emotions, some of them reoccurring. Understanding the stages of grief can help manage the various emotions that come up.</span></summary></a></section> |
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|  | <a href="[How-to-be-Mindful-at-Work](https://canopywell.com/How-to-be-Mindful-at-Work)"> |
|  | <h1><span>How to be Mindful at Work</span></h1><summary><span>Mindfulness has become a popular subject, and for a good reason. It involves being aware of the present and keeping any distractions or self-defeating thoughts out of your head. Many who have tried mindfulness swear by its health benefits, from sleeping better to even reducing your risk of disease.</span></summary></a></section> |
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|  | <a href="[15EE362](https://canopywell.com/15EE362)"> |
|  | <h1><span>Resilience</span></h1><summary><span>Learn more about resilience and access tools to help you become a more resilient person.</span></summary></a></section> |
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|  | <td class="right col2 date"><time>August 1, 2019</time></td> |
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|  | <a href="[197GP73](https://canopywell.com/197GP73)"> |
|  | <h1><span>Optimize Your Energy to Increase Your Productivity</span></h1><summary><span>On this episode, professional organizer Debbie Rosemont discusses work life harmony and using the SAVERS acronym for getting into the correct mind set to start your day off right.</span></summary></a></section> |
|  | </td> |
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|  | <a href="[Strategies-for-Building-Resilience](https://canopywell.com/Strategies-for-Building-Resilience)"> |
|  | <h1><span>Strategies for Building Resilience</span></h1><summary><span>Resilience is the ability to adapt well in the face of adversity, trauma, tragedy or significant stress. Resilient people don't dwell on failures; they acknowledge the situation, learn from their mistakes, and then move forward.</span></summary></a></section> |
|  | </td> |
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|  | <a href="[15EE227](https://canopywell.com/15EE227)"> |
|  | <h1><span>Strategies for Building Resilience</span></h1><h2>EAP Navigator</h2><summary><span>Read about how you can build your resilience. </span></summary></a></section> |
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|  | <a href="[15EE177](https://canopywell.com/15EE177)"> |
|  | <h1><span>Building Personal Resilience</span></h1><summary><span>When illness, relocation, conflict, or any other hardships befall us, we often feel unprepared to make adjustments needed to &ldquo;weather the storm.&rdquo; Why are some of us more capable of adapting to sudden changes and misfortune than others?</span></summary></a></section> |
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|  | <a href="[78](https://canopywell.com/78)"> |
|  | <h1><span>Characteristics of Resiliency</span></h1><h2>Resiliency</h2><summary><span>We define resilience as the process of bouncing back from adversity. The concept is a paradox that encompasses the emotional distress and the enduring strength that can result from struggling with hardship. <br /></span></summary></a></section> |
|  | </td> |
|  | <td class="right col2 date"><time>Jun 1st, 2017</time></td> |
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|  | <a href="[79](https://canopywell.com/79)"> |
|  | <h1><span>Resiliency: Outcomes of Resiliency</span></h1><h2>Resiliency</h2><summary><span>We define survivor's pride as the well-deserved feeling of accomplishment that results from prevailing against hardship or adversity. It is a bittersweet mixture of pain and triumph that is usually under the surface, but is sometimes readily visible in many youth and adults who have overcome difficult circumstances. <br /></span></summary></a></section> |
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|  | <a href="[15EE126](https://canopywell.com/15EE126)"> |
|  | <h1><span>8 Strategies for Building Resilience</span></h1><h2>EAP Navigator</h2><summary><span>Read about techniques on how to build your own resilience. </span></summary></a></section> |
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|  | <a href="[15EE120](https://canopywell.com/15EE120)"> |
|  | <h1><span>Resiliency</span></h1><summary><span>When illness, relocation, conflict, or any other hardship befalls us, we often feel unprepared to make adjustments needed to &ldquo;weather the storm.&rdquo; </span></summary></a></section> |
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|  | <a href="[15EE46](https://canopywell.com/15EE46)"> |
|  | <h1><span>Optimism</span></h1><summary><span>People can change their outlook on life in a positive way, which can change their quality of life.</span></summary></a></section> |
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|  | <a href="[EAP-Nav-August-2015](https://canopywell.com/EAP-Nav-August-2015)"> |
|  | <h1><span>Do You Have a Healthy Attitude?</span></h1><h2>EAP Navigator</h2><summary><span>Read up on how a positive attitude, faith and good relationships with others can make you healthier. </span></summary></a></section> |
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|  | <a href="[212](https://canopywell.com/212)"> |
|  | <h1><span>EAP NEWSLETTER</span></h1><h2>Volume 14, Issue 1</h2><summary><span>IN THIS ISSUE: Parent's Best Goal, Identity Theft, Emotional Maturity, The Resilience Factor, You and Your Money, How to Use Your EAP</span></summary></a></section> |
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|  | <h1><span>Suicide Awareness and Prevention</span></h1><summary><span>September is National Suicide Prevention Month, a time when companies, schools, non-profits, other groups, and communities unite to highlight mental health advocacy, allyship for survivors, and promote suicide prevention</span></summary></a></section> |
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|  | <h1><span>Find Stillness</span></h1></a></section> |
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|  | <a href="[15EE385](https://canopywell.com/15EE385)"> |
|  | <h1><span>Self-care to Manage Stress</span></h1><summary><span>Learn how self&ndash;care can help you get through stressful times. </span></summary></a></section> |
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|  | <a href="[The-Good-the-Bad-and-the-Stressful](https://canopywell.com/The-Good-the-Bad-and-the-Stressful)"> |
|  | <h1><span>The Good, the Bad, and the Stressful</span></h1><summary><span>Stress is an emotion that we experience a lot, especially in today's world. We don't seem to have enough time to do everything we need to do. We have lots of tasks, and no plan to pursue them. We may feel worry about what we cannot control. In short, there are many reasons why stress is a challenge.</span></summary></a></section> |
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|  | <a href="[More-Consciousness-Less-Feedback](https://canopywell.com/More-Consciousness-Less-Feedback)"> |
|  | <h1><span>More Consciousness. Less Feedback</span></h1><summary><span>Rat race. It's a phrase we all know, and its origins began in a lab, centuries ago, as rats raced through a maze to be the first to get the cheese. It seems so archaic, and yet, the analogy is still true today, and that's a problem.</span></summary></a></section> |
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|  | <a href="[Anger-A-Misunderstood-Emotion](https://canopywell.com/Anger-A-Misunderstood-Emotion)"> |
|  | <h1><span>Anger - A Misunderstood Emotion</span></h1><summary><span>Anger is quite misunderstood. It's an emotion associated with those who have lost control. Those who are dangerous. Those who are irrational. And there are some legitimate reasons to think that. Those who can't control their anger do need to seek help in order to make managing anger better for them.</span></summary></a></section> |
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|  | <a href="[149jk66](https://canopywell.com/149jk66)"> |
|  | <h1><span>The Trip from Self to Less</span></h1><summary><span>As a meditation professional and passionate advocate of the practice, I am forever asking myself and students: Who Am I, Who Am I, Who Am I? This central question to most meditation lineages is one that is meant to evoke curiosity til the end of life and time.</span></summary></a></section> |
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|  | <a href="[How-to-Manage-the-Unmanageable-Workload](https://canopywell.com/How-to-Manage-the-Unmanageable-Workload)"> |
|  | <h1><span>How to Manage the Unmanageable Workload</span></h1><summary><span>We love to blame technology for the fact that most people today work longer and harder than in the past. But if you compare work habits between the US and much of Europe, it's clear that we're making a very different choice about how we spend our time.</span></summary></a></section> |
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|  | <a href="[15EE301](https://canopywell.com/15EE301)"> |
|  | <h1><span>How You Can Help Prevent Suicide</span></h1><summary><span>With mental health awareness on the rise in workplaces across the country, colleagues and supervisors are in a unique position to respond to signs of distress and provide support. I</span></summary></a></section> |
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|  | <a href="[15EE286](https://canopywell.com/15EE286)"> |
|  | <h1><span>Tips to Ease Holiday Stress</span></h1><h2>EAP Navigator</h2></a></section> |
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|  | <a href="[Stressed-Out-or-Burned-Out-How-to-Avoid-Career-Burnout](https://canopywell.com/Stressed-Out-or-Burned-Out-How-to-Avoid-Career-Burnout)"> |
|  | <h1><span>Are You Stressed Out or Burned Out? How to Avoid Career Burnout.</span></h1><summary><span>Many of us have been there: a stressful workday turns into a hectic month, which turns into a rough year, which turns into physical and mental exhaustion.</span></summary></a></section> |
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|  | <a href="[15EE183](https://canopywell.com/15EE183)"> |
|  | <h1><span>Mindfulness</span></h1><summary><span>This seminar will first provide a brief review of stress, what it is and how it affects us.</span></summary></a></section> |
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|  | <a href="[15EE185](https://canopywell.com/15EE185)"> |
|  | <h1><span>Depression Awareness</span></h1><summary><span>Many of us are touched directly or indirectly by depression. Learn about what depression is, symptoms of depression, and different treatment options. </span></summary></a></section> |
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|  | <a href="[105](https://canopywell.com/105)"> |
|  | <h1><span>Stress 101: The Basics</span></h1><summary><span>Stress is something that touches us all, sometimes more forcefully than others. But what exactly is stress? And more importantly, what do you do about it? Stress can be defined as a state of bodily or mental tension resulting from factors that tend to alter an existent equilibrium. <br /></span></summary></a></section> |
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|  | <a href="[15EE171](https://canopywell.com/15EE171)"> |
|  | <h1><span>5 Tips to Reduce Your Financial Stress</span></h1><h2>EAP Navigator</h2><summary><span>Read about tips on reducing your financial stress and how Canopy can help...</span></summary></a></section> |
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|  | <a href="[15EE162](https://canopywell.com/15EE162)"> |
|  | <h1><span>Stress Management</span></h1><summary><span>Canopy EAP can help you with managing your stress.</span></summary></a></section> |
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|  | <a href="[15EE147](https://canopywell.com/15EE147)"> |
|  | <h1><span>10 Ways to Reduce Stress While at Work</span></h1><h2>EAP Navigator</h2><summary><span>Learn about healthy ways to de-stress while at work.</span></summary></a></section> |
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|  | <a href="[335](https://canopywell.com/335)"> |
|  | <h1><span>Don&rsquo;t Let Anxiety Control Your Life</span></h1><h2>EAP Navigator</h2><summary><span>Anxiety is familiar to everyone due to the many stresses and complexities of modern life. But about 25 percent of US adults have a serious problem with anxiety at some time in their lives.</span></summary></a></section> |
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|  | <h1><span>Stress and the Holidays</span></h1><h2>EAP Navigator</h2><summary><span>Read about tips to help cope with holidays stress. </span></summary></a></section> |
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|  | <a href="[15EE86](https://canopywell.com/15EE86)"> |
|  | <h1><span>Holiday Stress Relief</span></h1><summary><span>Learn about the causes of holiday stress and ways to help you get through this time of year.</span></summary></a></section> |
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|  | <summary><span>We understand that you and many of your employees have likely been impacted by recent wildfires. We know that following a traumatic event such as this that people may benefit from additional support available through the EAP.</span></summary> |
|  | <a href="[West-Coast-Fires](https://canopywell.com/West-Coast-Fires)" class="readMore"><span class="moreInfoLink"><span>More Info</span></span></a> |
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|  | <summary><span>Canopy is committed to creating a safe, inclusive and equitable society for all. We encourage you to practice self-care by seeking support from your friends, family and other community members, as well as utilizing your EAP services. </span></summary> |
|  | <a href="[Coping-with-Violence-and-Racism](https://canopywell.com/Coping-with-Violence-and-Racism)" class="readMore"><span class="moreInfoLink"><span>More Info</span></span></a> |
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|  |  |
|  | <tr class="Odd FIRST"> |
|  | <td class="left col1 main"><section class="abstr linkB"> |
|  | <a href="[197GP234](https://canopywell.com/197GP234)"> |
|  | <h1><span>Coping with Grief</span></h1><summary><span>Many of us have experienced the death of a co-worker, close friend or family member. Yet, when such a loss occurs, we often feel overwhelmed with grief at many levels.</span></summary></a></section> |
|  | </td> |
|  | <td class="right col2 date"><time>Jan 1st, 2023</time></td> |
|  | </tr> |
|  | <tr class="Even MID"> |
|  | <td class="left col1 main"><section class="abstr linkB"> |
|  | <a href="[420EE51](https://canopywell.com/420EE51)"> |
|  | <h1><span>Respect in the Workplace</span></h1><summary><span>Recognizing that there can be differences in personal beliefs and political views among teammates, it may be useful to review the importance of professionalism and a respectful workplace.</span></summary></a></section> |
|  | </td> |
|  | <td class="right col2 date"><time>Oct 13th, 2020</time></td> |
|  | </tr> |
|  | <tr class="Odd MID"> |
|  | <td class="left col1 main"><section class="abstr linkB"> |
|  | <a href="[420EE41](https://canopywell.com/420EE41)"> |
|  | <h1><span>Talking About Race in the Workplace</span></h1><summary><span>Having conversations about race can be extremely challenging, and requires a willingness, especially among White coworkers and managers. Learn about why it's crucial, why it's difficult, and how to have productive conversations.</span></summary></a></section> |
|  | </td> |
|  | <td class="right col2 date"><time>Sep 4th, 2020</time></td> |
|  | </tr> |
|  | <tr class="Even MID"> |
|  | <td class="left col1 main"><section class="abstr linkB"> |
|  | <a href="[420EE26](https://canopywell.com/420EE26)"> |
|  | <h1><span>Suicide and Mental Health Awareness</span></h1><summary><span>The key to lowering the suicide rate is prevention, which includes education, stigma reduction, and improving support resources for those who are at risk. </span></summary></a></section> |
|  | </td> |
|  | <td class="right col2 date"><time>Jul 9th, 2020</time></td> |
|  | </tr> |
|  | <tr class="Odd MID"> |
|  | <td class="left col1 main"><section class="abstr linkB"> |
|  | <a href="[What-are-Common-Reactions-to-Trauma](https://canopywell.com/What-are-Common-Reactions-to-Trauma)"> |
|  | <h1><span>What are Common Reactions to Trauma?</span></h1><summary><span>All kinds of trauma survivors commonly experience stress reactions. This is true for veterans, children, and disaster rescue or relief workers. If you understand what is happening when you or someone you know reacts to a traumatic event, you may be less fearful and better able to handle things.</span></summary></a></section> |
|  | </td> |
|  | <td class="right col2 date"><time>Jun 10th, 2020</time></td> |
|  | </tr> |
|  | <tr class="Even MID"> |
|  | <td class="left col1 main"><section class="abstr linkB"> |
|  | <a href="[Standing-Together-During-Difficult-Times](https://canopywell.com/Standing-Together-During-Difficult-Times)"> |
|  | <h1><span>Standing Together During Difficult Times</span></h1><summary><span>Although the degree to which we are impacted by racial injustices may vary, one thing we can all do is empathize with and support one another, and help to stabilize people through troubling times.</span></summary></a></section> |
|  | </td> |
|  | <td class="right col2 date"><time>Jun 10th, 2020</time></td> |
|  | </tr> |
|  | <tr class="Odd MID"> |
|  | <td class="left col1 main"><section class="abstr linkB"> |
|  | <a href="[Trauma-Tips-for-Coping](https://canopywell.com/Trauma-Tips-for-Coping)"> |
|  | <h1><span>Trauma - Tips for Coping</span></h1><summary><span>How people respond to trauma varies somewhat from person to person. Individual factors such as how you usually handle stressful situations and what kind of support you have both at work and in your personal life may influence both your short-term and long-term reactions.</span></summary></a></section> |
|  | </td> |
|  | <td class="right col2 date"><time>Jun 10th, 2020</time></td> |
|  | </tr> |
|  | <tr class="Even LAST"> |
|  | <td class="left col1 main"><section class="abstr linkB"> |
|  | <a href="[420EE17](https://canopywell.com/420EE17)"> |
|  | <h1><span>Surviving &amp; Resisting Hate: A Toolkit for People of Color</span></h1><summary><span>A toolkit for People of Color</span></summary></a></section> |
|  | </td> |
|  | <td class="right col2 date"></td> |
|  | </tr> |
|  |  |
|  | </tbody></table></div> |
|  | <section class="pagerA"><div class="pagerInner"> |
|  | <div class="feedback">Showing <span>1</span> to <span>8</span> of <span>8</span></div> |
|  | <div class="controls"><span class="disabled arrow"><span class="arrowPrev">Prev</span></span><span class="current"><span>1</span></span><span class="disabled arrow"><span class="arrowNext">Next</span></span></div> |
|  | </div></section> |
|  |  |
|  | </div> |
|  | </section> |
|  |  |
|  | </section> |
|  |  |
|  | </section> |
|  |  |
|  |  |
|  |  |
|  | <!-- end main area --> |
|  | </div><div class="layoutSide layout21-2"> |
|  |  |
|  | <aside class="docFoot"> |
|  | <!-- universal sidebar --> |
|  |  |
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|  |  |
|  |  |
|  |  |
|  | </aside> |
|  |  |
|  | </div><div class="layoutClear"></div></div></div> |
|  |  |
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|  | </div> |
|  | <div id="bottomOuter"> |
|  | <section id="footer"> |
|  | <div class="footerBlockA1"> |
|  |  |
|  | <div id="mc\_embed\_signup\_scroll" class="eblastBlock"> |
|  | <div class="eblastBlockSizer"> |
|  | Subscribe to our newsletter: &nbsp;&nbsp;<a href="<https://nut.sh/ell/forms/32013/L67C5T>" class="eblastSubmit" target="new"><span class="icon-right-open">&nbsp;</span><span class="button-text">Subscribe</span></a> |
|  | </div> |
|  | </div> |
|  |  |
|  | </div> |
|  | <div class="footerBlockA2"> |
|  | <a href="<https://www.facebook.com/CanopyWell>" target="\_new" class="footerSocial"><span class="icon-facebook"></span></a> |
|  | <!-- <a href="https://twitter.com/CascadeEAP" target="\_new" class="footerSocial"><span class="icon-twitter"></span></a> --> |
|  | <a href="<https://www.linkedin.com/company/canopy-wellbeing/>" target="\_new" class="footerSocial"><span class="icon-linkedin"></span></a> |
|  | <a href="<https://www.youtube.com/c/canopyeap/about>" target="\_new" class="footerSocial"><span class="icon-youtube"></span></a> |
|  | <a href="<https://www.instagram.com/canopywellbeing/>" target="\_new" class="footerSocial"><span class="icon-instagram"></span></a> |
|  | <!-- <a href="https://www.pinterest.com/cascadecenters3758/" target="\_new" class="footerSocial"><span class="icon-pinterest"></span></a> --> |
|  | </div> |
|  | <div class="footerBlockB1"> |
|  | <div class="fotterBlockB1a"><i>&nbsp;I'd like Help with...</i><br><span class="dropdown dropdownFooter"><span><select onchange="if (this.value) window.location.href=this.value"> |
|  | <option>Choose...</option> |
|  | <option disabled>────────────────</option> |
|  | <option value="Financial-Webinars"></option> |
|  | <option value="Anxiety">Anxiety</option> |
|  | <option value="Career-Development">Career Development</option> |
|  | <option value="197GP4">Childcare and Eldercare</option> |
|  | <option value="Communication">Communication</option> |
|  | <option value="Coping-with-Violence-and-Racism">Coping with Violence and Racism</option> |
|  | <option value="Depression">Depression</option> |
|  | <option value="Drugs-and-Alcohol">Drugs and Alcohol</option> |
|  | <option value="Family-Resources">Family Resources</option> |
|  | <option value="Gambling">Gambling</option> |
|  | <option value="Health">Health</option> |
|  | <option value="197GP5">Legal Issues</option> |
|  | <option value="Marriage">Marriage</option> |
|  | <option value="197GP6">Mental Health</option> |
|  | <option value="149jk4">Personal Development</option> |
|  | <option value="197GP7">Personal Wellbeing</option> |
|  | <option value="Resiliency">Resiliency</option> |
|  | <option value="Stress">Stress</option> |
|  | <option value="West-Coast-Fires">West Coast Fires</option> |
|  |  |
|  | </select></span></span> |
|  | </div> |
|  | <div class="fotterBlockB1b"><i>&nbsp;Sign-in to...</i><br><a href="<https://canopywell.com/index.php?exturl=197GPcurl19>" target="\_new" class="footerButton">EAP Member Site</a></div> |
|  | <div class="fotterBlockB1c"><a href="[/Request-a-Proposal](https://canopywell.com/Request-a-Proposal)">Request a Proposal</a><a href="[/blog](https://canopywell.com/blog)">Blog</a><a href="[/Contact](https://canopywell.com/Contact)">Contact Us</a><br><br><a href="[/Privacy-Policy](https://canopywell.com/Privacy-Policy)">Privacy Policy</a> |
|  | <a href="[/Terms-and-Conditions](https://canopywell.com/Terms-and-Conditions)">Terms and Conditions</a></div> |
|  | <br clear="all"> |
|  | <!-- |
|  | <h2>Download the EAP Mobile App</h2> |
|  | <a href="https://itunes.apple.com/us/app/eap-lifepilot/id979471575?mt=8" target="\_new"><img alt="Download EAP Mobile App on the Apple Store" src="/themes/default/images-std/appStoreBadge.png" height="40" width="135"></a><a href="https://play.google.com/store/apps/details?id=com.eap.lifepilot" target="\_new"><img alt="Get it on Google Play" src="/themes/default/images-std/Google\_en\_generic\_rgb\_wo\_135x40.png"></a> |
|  | --> |
|  |  |
|  | </div> |
|  | <div class="footerBlockB2"> |
|  | <b>Canopy Inc.</b><br> |
|  | 7180 S.W. Fir Loop Suite 100<br> |
|  | Portland, OR 97223-8023<br> |
|  | <br> |
|  | (503) 639-3009<br> |
|  | 1-800-433-2320<br> |
|  | <br> |
|  | <a href="mailto:info@canopywell.com">info@canopywell.com</a> |
|  | <!-- ( tray: TOPIC &nbsp;&nbsp;&nbsp; tid: 197GPtop3 &nbsp;&nbsp;&nbsp; cid: 74 ) --> |
|  | </div> |
|  | <div class="clear"></div></div> |
|  | </section> |
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