

EAP Summary of Services

A Benefit for you and your family members provided by Oregon Episcopal School

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

Personal Consultation with an EAP Professional

Five (5) counseling sessions face to face, over the phone, or online per year for concerns such as:

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

Work / Family / Life

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

Legal Consultations / Mediation

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

Financial Coaching

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

ID Theft

This service provides members with up to a 60-minute free consultation with a highly trained Fraud Resolution Specialist™ (FRS) who will conduct emergency response activities and assist members with restoring their identity, good credit, and dispute fraudulent debts.

Home Ownership Program

Assistance and discounts for buying, selling, and refinancing.

Gym Membership Discounts

Discounts for gym and studio memberships, nutrition programs, and wellness resources. To access, visit: www.globalfit.com/cascadeEAP.

EAP Tools

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

Cascade Personal Wellness – Powered by Hubbub

Join and participate in an endless variety of healthy challenges and activities. Connect with your friends and coworkers, earn badges, and have fun! To Access: Go to Hubbubhealth.com, or search “Hubbub” in the App Store or Google Play. Use company code: **OregonEpiscopalSchool**

Crisis Counselors are available 24/7/365



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For Assistance:
Call: 800-433-2320
Text: 503-980-1777
www.cascadecenters.com

Your Success
is our Compass



Life Coaching



What is a Life Coach?

Up to three strategy sessions with a master's level professional that provides you with the support to improve your life and relationships.

What can a Life Coach help me with?

A Life Coach can address a wide variety of issues, whether it is a specific concern or a more general goal to feel happier, more productive, or more in control of your life. Some examples include:

- Life Transition
- Communication Style
- Decision Making
- Assertiveness
- Work-Life Balance
- Managing Workplace Stress
- New Baby
- Self-Image

What are the Benefits of using a Life Coach?

- Improved Resiliency and Life Satisfaction
- Improved Decision making skills
- Greater interpersonal effectiveness
- Receiving a fresh perspective on personal challenges
- Easy access through telephone or Video Sessions

For more information or to set up an appointment:

call: 800-433-2320

text: 503-980-1777

email: info@cascadecenters.com

visit: www.cascadecenters.com



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Home Ownership Program

Whether you are purchasing, selling, financing, or refinancing a home, this exclusive program will make the decision easier and less expensive. It is provided to you at **no cost** and **no obligation** as part of your EAP benefits package.

The Home Ownership Program can help you with:

Buying/Selling a Home

- Expert Buyer/Seller Representation
- Contribution of Real Estate Commission towards Closing Costs*



Loan Programs and Services

- Reduced Closing Cost of Mortgage services
- 0% and Low Down payment assistance programs available
- Credit Counsel with “next step” guidance
- No Hassle, Free Pre-Qualifications



Refinancing

- Discounted Closing Cost
- Convenient day, evening, and weekends appointments available



For more information or to schedule a free consultation, contact us at **1-844-613-HOME (4663)** or email **info@advantagehomeplus.com**

Advantage Home Plus in partnership with Cascade Centers
www.advantagehomeplus.com

*Regulations regarding Real Estate differ in each state



Advantage Home Plus

Educate, Plan, Save – The Advantage Way



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Financial Coaching

You are eligible to participate in a **FREE 30-Day Financial Coaching** program that will answer any financial questions or concerns you may have.



Get help analyzing and organizing your budget



Learn how to work with utilities and other services



Understand COBRA, insurance and your Flexible Spending Account (FSA)



Make sure you're on the right track for retirement

30 Days of One-on-One Financial Coaching Will Help You With...

(Financial Coaches do not sell products of any kind!)

- Getting Out of Debt
- Improving Your Credit Score
- Developing a Spending Plan
- Understanding 401(k), 403(b) or 457 Plan Reviews
- Understanding Home Buying/Refinancing Strategies
- And more!

**Contact Cascade EAP and ask
to speak with a Financial Coach**

call: 800-433-2320

text: 503-980-1777

www.cascadecenters.com



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