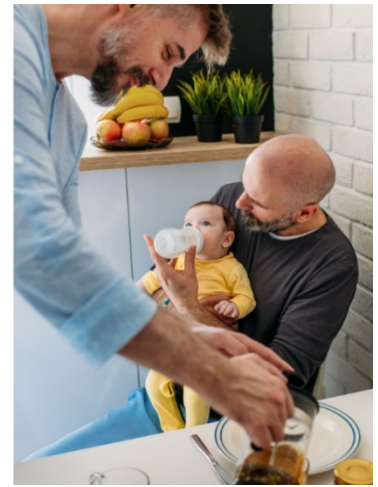


# Employee Assistance Program



For support:  
1-800-553-7798  
[wellspringeap.org](http://wellspringeap.org)

USERNAME:  
Cascadia College

A service provided by



CONFIDENTIAL  
PROFESSIONAL  
CONVENIENT  
AVAILABLE 24/7

A benefit paid for by

Cascadia  
College

Your EAP is a confidential & professional resource—available 24/7—paid for by your company and available to you and eligible dependents without cost. Benefits include:

### **COUNSELING ASSESSMENTS**

Up to 6 (six) in-person or virtual meetings (video, telephonic, asynchronous text, or live chat) with a counselor you'll be referred to based on your needs. Sessions are per issue, per year.

### **LEGAL SERVICES**

Free initial 30-minute phone consultation; ongoing consultations with a lawyer at 25% off attorney's regular fees; unlimited access to do-it-yourself legal documents online.

### **FINANCIAL SERVICES**

Free initial 30-minute phone consultation, and access to financial calculators and resource documents.

### **ID THEFT VICTIM RESOURCES**

Free initial 60-minute phone consultation, ID theft response kit, and prevention information. Employer or benefit provider breaches are not covered.

### **DAILY LIVING INFORMATION SERVICES**

Unlimited phone or live chat consultations/requests for finding consumer services and resources.

### **CHILDCARE & PARENTING RESOURCES**

Unlimited phone or live chat consultations.

### **OLDER ADULT & ELDERCARE RESOURCES**

Unlimited phone or live chat consultations

### **WEBSITE ACCESS**

Unlimited access to online resources including:

- Live chat with a resource consultant (for Childcare, Eldercare & Daily Living)
- Online referral request
- Skill builders/online trainings
- Well-being & productivity content
- Monthly live & on-demand webinars
- Search tools

### **SUBSCRIPTIONS**

Monthly emails featuring the webinar of the month, spotlight on an EAP benefit, and a feature article on well-being or productivity, with direct links to the website.

### **WELLSPRING STRESS CENTER™**

Unlimited access to an online stress management and prevention center, including instant relief tools and long-term solutions.

### **IN-THE-MOMENT SUPPORT**

24/7 access to a professional, masters-level therapist who will help you manage your distress, create a plan of action, & provide resources (which may include referrals for further services).

**COUNSELING ASSESSMENTS & PERSONAL CONSULTATIONS** Get help for concerns related to addiction, anxiety & depression, family, relationships, communication, divorce, domestic violence, eating disorders, gambling, grief & loss, stress management, work concerns, motivation and more. Connect with Wellspring EAP to be referred to a counselor.

**LEGAL SERVICES** Consult with an attorney about issues related to financial matters, criminal charges, estate planning, civil disputes, taxes, immigration & naturalization, guardianship & custody, name changes, child support, property boundary disputes, adoption and more.

**FINANCIAL SERVICES** Consult with a financial counselor about matters related to credit counseling, tax planning, college funding, charitable giving, business services, debt and budgeting assistance, retirement planning, estate conservation, IRA funding, pensions, 401ks and more.

**ID THEFT VICTIM RESOURCES** Get assistance with emergency response, restoring identity and good credit, steps to dispute fraudulent debts, how to communicate with creditors & collection agencies, financial counsel, and more.

**DAILY LIVING INFORMATION RESOURCES** Connect with a Daily Living consultant to get help with information, listings or resources related to home maintenance & repair, travel & relocation, recreation, pet care, dining & entertainment, event planning, volunteering, family activities and more.

**CHILDCARE & PARENTING RESOURCES** Connect with a childcare/parenting consultant about finding resources related to infant through school-age care, back-up care, summer camps, education & tutoring, special needs, parenting resources, lactation support, adoption support and more.

**OLDER ADULT & ELDERCARE RESOURCES** Connect with an older adult/eldercare consultant about resources & information needs related to senior services, housing options, caregiving support, geriatric specialists, transportation services, activities, and more.

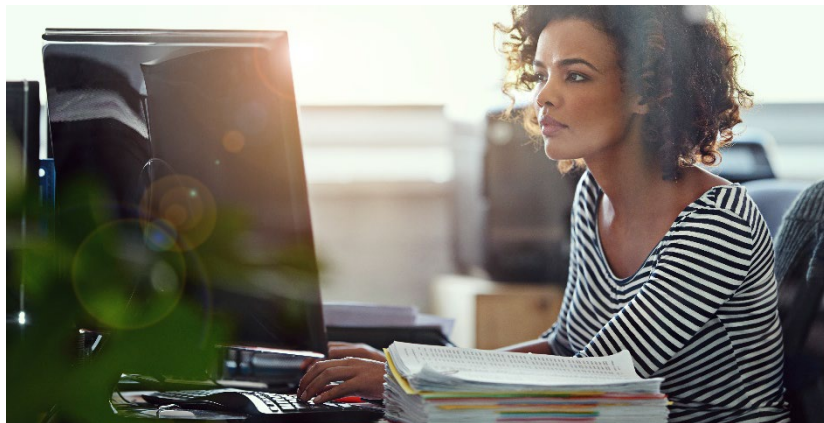
**WEBSITE ACCESS** Services, information, and resources at your fingertips 24 hours every day. Learn about your benefits, find access points to all services, chat live with a childcare, eldercare, or daily living specialist, send an online referral request, and explore well-being and productivity content presented in a variety of media formats.

**SUBSCRIPTIONS** Complimentary and optional subscription to a monthly email that delivers access to monthly live webinars, information about benefit components and a well-being or productivity related article. The subscription includes The Source™ quarterly newsletter and EAP Response™ - which contains helpful information whenever a high-impact traumatic or catastrophic event happens in the community or around the world.

**WELLSPRING STRESS CENTER™** Access instant relief tools, take a stress assessment and find out your Stress Number®, identify your stress triggers and learn ways to manage, build resilience with a stress management platform called the Oxygen Plan™.

**IN-THE-MOMENT SUPPORT** Our phones are answered by a professional team of masters-level clinicians, who can help you manage your distress, create a plan of action, and provide resources (which may include referrals for further services). **If you are in a life-threatening emergency, call 911 immediately.**

# EAP BENEFIT Employee Website



Your EAP website is designed to provide you with information about your EAP benefit and provide access points for you to connect with us while you're there. The site also offers access to tools and practical tips for improving your wellbeing.

## **REVIEW YOUR BENEFITS**

Find out more about the EAP, what the benefit covers, the types of issues and examples of what issues you can get help with, how it works, and get answers to frequently asked questions.

## **ACCESS SERVICES**

Find out what benefits are available to you and choose from several different ways to access. You can call, send an instant message or send an online request for services, and explore on your own. Access points are visible in every page of the site – making access literally at your fingertips.

## **FIND RESOURCES**

If you're the DIY type, you can find resources on your own by utilizing dedicated search engines. Find tools, resources, information and services related to parenting, daily living, eldercare, financial and legal services.

## **LEARN SKILLS**

Enhance or learn skills with practical educational information. Plan and participate in monthly webinars, explore the Learning Center and find tools for mental health, personal development, wellness, management and workplace, health & behavior, parenting & childcare, and aging & eldercare.

## **WELLNESS TOOLS**

Explore tools and resources to help you thrive and maintain balance. Take health assessments, learn ways to eat and live healthy, learn skills for personal growth, improve communication, relationships, family and more.

## **SHORTCUT TOOLS**

Find shortcuts on the home page to frequently accessed and featured services like Parenting & Childcare resources, Daily Living, Eldercare Services, Chat Live (Instant Messaging), Monthly Webinars, EAP Orientation, EAP Publications & Subscriptions, Financial Tools, Legal Benefits, Learning Center, ID Theft Victim Resources.



WellSpring

You can save an icon on your mobile phone or tablet and bypass the login page by launching the following web address and saving it to your home screen. The website responds to the type of device you're using, so it's like having a dedicated app, with the full features of a website, minus the app store download.

[http://www.wellspringeap.org/?s\\_username=CASCADIA%20COLLEGE](http://www.wellspringeap.org/?s_username=CASCADIA%20COLLEGE)

Label your home screen icon **WellSpring**

ONLINE: [WELLSPRINGEAP.ORG](http://WELLSPRINGEAP.ORG) | USERNAME: CASCADIA COLLEGE  
TOLL FREE: 1.800.553.7798



# 2021

## Webinar Calendar



To view a webinar, login to the website on or after the date the webinar is available on demand (the dates on the left). Simply click on the webinar, and view. Each webinar is an hour long, and you will have the opportunity to send in questions related to the topic within 30 days of the webinar date.

AVAILABLE	THEME	ONLINE SEMINAR TITLE	DESCRIPTION
<b>JAN 19</b>	Reframing Your World	Reframing Your World	Discover the practical ways to reframe your perspective to live a more present and positive life.
<b>FEB 16</b>	Setting Goals	Setting Goals for Your Future	Learn how to strategically set short-term and long-term goals to help you succeed in all areas of your life.
<b>MAR 16</b>	Planning for Success	Planning for Success	Explore the secrets behind being more organized and more efficient to help combat and reduce overwhelm.
<b>APR 20</b>	Financial Security	The Steps to Financial Security	Understand the practical ways you can feel more secure and more stable in your finance management.
<b>MAY 18</b>	Addressing Anxiety	Addressing Anxiety in an Uncertain World	Learn how to recognize and manage anxiety to actively combat the physical and mental effects in a practical way.
<b>JUN 15</b>	Healthy Relationships	Building Healthy and Happy Relationships	Identify the ways to build and maintain healthy relationships with those around you, with a focus on the importance of boundary setting.
<b>JUL 20</b>	Summer Holiday	Maximizing Your Summer Break	Learn some straightforward and effective ways to make the most of your summer holiday and maximize the moments and memories for you and your family.
<b>AUG 17</b>	Building Confidence in Children	Raising Confident Children	Attain the skills and insight to boost your children's confidence and self-esteem and help them to become empowered and resilient adults.
<b>SEP 21</b>	Being Present	Switch on to Being More Present	Discover the key to being more present and actively taking the time to digitally disconnect to spend quality time with those around you.
<b>OCT 19</b>	Embracing Differences	Embracing Diversity and Differences	Learn about how to live and work in a way that is respectful, kind, and embraces diversity in all walks of life.
<b>NOV 16</b>	Caring for Our Elders	Caring for Our Elders	Find out more about the aging process and how to both practically and emotionally care for elderly relatives.
<b>DEC 21</b>	Making Time to Make a Difference	Paying it Forward	Understand the small but powerful ways that everyone can 'pay it forward' and make a difference to the lives of others.

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