

Holiday Stress

Services through Cascade EAP



What is your biggest source of holiday stress this year?

The most wonderful time of the year may also be the most stressful. With the extra demands of the festivities, shopping, entertaining, religious observances, and family gatherings, many people feel stressed out during the holiday season.

Your EAP can help!

Your Employee Assistance Program is a FREE, CONFIDENTIAL service.

You may be eligible for the following:

- **Free face-to-face, over the phone, or online visits** with an EAP Counselor to discuss your causes of stress and coping techniques. During a crisis, counselors are available by telephone 24 hours a day, 7 days a week, including holidays.
- **Access to 30 days of unlimited financial coaching at no-cost** through Cascade's financial coaching program, My Secure Advantage (MSA).
- **Assistance locating resources** for childcare, eldercare, and other personal and family related concerns.



How to Access Your EAP:

- Call Cascade Centers, Inc. toll free at: **1-800-433-2320**
- Email esupport@casadecenters.com
- Visit www.casadecenters.com for more information