

RELATIONSHIPS



We benefit from relationships, whether that's a friendship, a romantic partnership, or a familial one. Having interpersonal relationships can help us feel nurtured and grow.

Relationships can also be challenging, and those of us with difficult relationships are more likely to experience stress, depression or issues with sleep. It's likely that other areas of your life are also impacted.

■ Counselors are available **24/7** to support you through it. ■

LOOKING FOR ADDITIONAL RELATIONSHIP RESOURCES? LOG IN TODAY:

To Access:

- 1) Go to: www.cascadecenters.com
- 2) Click 'Member Log In'
- 3) Register as a new user
- 4) Click a "Relationship" topic at the top of the screen

Cascade Centers EAP

call: 800-433-2320

text: 503-980-1777

email: info@cascadecenters.com

visit: www.cascadecenters.com



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