

Caregiver Resources

Many of us find ourselves in the role of a caregiver at some point in our lives. Contact the EAP for support tools, resources, counseling, and more to help navigate childcare and eldercare services.

Our services are free and confidential to provide you with the support needed during challenges times.

- **Counseling support**
- **Resource retrieval**
- **Legal consultations**
- **Financial coaching**
- **OnDemand webinars**

call: 800-433-2320

text: 503-850-7721

email: info@cascadecenters.com
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