

# Parenting Support

Whether your family is growing or you're planning for the future, Cascade has resources for you.

We offer free and confidential parenting support:

- Life Coaching
- Counseling
- On-Demand Webinars
- Resource Retrieval
- Financial Coaching
- Legal Consultations
- Connections to Fertility Health and Family Building Services

## To get started:

1. Go to: [cascadecenters.com](http://cascadecenters.com)
2. Click 'Member Log In: EAP Member Site'
3. Register as a new user
4. Select 'My EAP Benefits', then 'Parent Support'

call: 800-433-2320

text: 503-850-7721

email: [info@cascadecenters.com](mailto:info@cascadecenters.com)

