

February is... Relationship Wellness Month



Relationship with Loved Ones



Relationship with Money



Relationship with Coworkers



Relationship with Children

Relationships take center stage in the month of February. Why not focus this month on how you can be personally proactive in nurturing the relationships that are meaningful to you.

Your Employee Assistance Program is a **FREE, CONFIDENTIAL** service that can help you and your family resolve personal problems that are starting to affect your work or home life.

For example, you can receive assistance with concerns such as:

- Marital Conflict
- Personal Relationships
- Family Relationships
- Eldercare Resources
- Childcare Resources
- Conflict with Coworkers
- Financial Problems



How to Access Your EAP:

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