

Healthy Mindset

A healthy mindset includes good self-care, and emotional well-being.

The EAP offers multiple tools to support you:

- Counseling
- Life Coaching
- Resilience & optimism resources

CLICK HERE

- Webinars & personal development courses

CLICK HERE

To access:

1. Go to cascadecenters.com
2. Click 'Member Log In'
3. Register as a new user and enter your company name