

# Career Development Services

## Services for Employees and their Families:

Cascade Centers offers a variety of resources which are available to employees and their families, ranging from one-on-one counseling, career assessment and testing, to job seeking services.



### Individual Counseling

During an individual session, the EAP counselor provides a general assessment of interests, motivation, and job skills. The individual is assisted in creating a job search plan, how to write a resume and cover letter, and tips and practice on interviewing. EAP counselors also help with the emotional challenges and stresses that come with losing a job and coping with life adjustments.

### Job Seeking Services

Cascade can help with resumes, cover letters, and interviewing skills. Users also have access to an on-line resume builder.



### On-line Resources at [www.cascadecenters.com](http://www.cascadecenters.com)

Visit the Career section of Cascade's website to learn more about a successful job search and to view other useful information.

Resources include:

- Information about the three important factors for a successful job search
- Career assessments and testing for the next steps in your career based on your interests, personality, and strengths.\*
- Useful links such as education information, employment trends, and salary information

To Access:

1. Go to [www.cascadecenters.com](http://www.cascadecenters.com)
2. Click on "Employee Assistance"
3. Click on "Resources"
4. Then click "Career/Job Loss".



*\* Some assessments are free, others are an additional cost.*

