

EAP Summary of Services

The Employee Assistance Program (EAP) is a **FREE** and **CONFIDENTIAL** benefit for you and your family members provided by **ArchDiocese of Portland in Oregon**

Counseling

Four (4) sessions in-person, on the phone or virtually for concerns such as:

- **Depression**
- **Anxiety**
- **Relationships and family**
- **Workplace challenges**
- **Stress management**
- **Alcohol or substance misuse**
- **Grief and loss**
- **Professional development**

Resources for Life

Assistance in finding childcare, eldercare, caregiving resources, and more.

Legal Consultations/Mediation

Free 30-minute consultation and a 25% discount on services thereafter.

Financial Coaching

Unlimited guidance to improve spending, debt reduction, credit enhancement, savings, and retirement planning.

Identity Theft

60-minute consultation with a Fraud Resolution Specialist™ to restore identity and credit.

Home Ownership and Housing Support

Aid and discounts for home transactions and housing assistance resources.

Coaching

Three (3) phone or video sessions with a Coach for goal setting, healthy habits, and personal development.

Pet Parent Resources

Information, support, and discounts for pet owners.

Wellbeing Tools

Fertility health support, wellness resources, and gym discounts.

Member Site

Personal and professional development videos, webinars, self-assessments, online legal tools and more at **my.canopywell.com**. Register as a new user or log-in with company name: **ArchDiocese of Portland**

LifeBalance

Discounts on outdoor adventures, travel, amusement, self-care, wellness resources and more. To access, log onto the Member Site or visit **canopy.LifeBalanceProgram.com**.

WholeLife Directions

Take a confidential survey and get connected to tools for wellbeing improvement. Available on the member site or search **WholeLife Directions**

Canopy is committed to creating a safe, inclusive, and equitable society for all.

Crisis Counselors are available by phone
24/7/365



800-433-2320



503-850-7721



my.canopywell.com



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