

2025 TRAINING OFFERINGS

PERSONALIZED TRAININGS

The following is a list of health and wellness training topics that Cascade Health Counseling & EAP can provide at your workplace location or virtually. All of our EAP contracts include at least two training hours per year. We provide trainings for non EAP companies at an hourly rate. We ask that trainings are scheduled four to six weeks in advance. Topics include but are not limited to:

- ◆ Anxiety
- ◆ Depression
- ◆ Sleep
- ◆ Alcohol
- ◆ Self-Care
- ◆ Stress Management
- ◆ Meditation
- ◆ Goal Setting
- ◆ Mindfulness
- ◆ Healthy Communication
- ◆ Burnout & Compassion Fatigue
- ◆ Harassment & Discrimination in the Workplace
- ◆ Reasonable Suspicion
- ◆ Self-Esteem
- ◆ Trauma Informed Care
- ◆ Mental Health in the Workplace
- ◆ De-Escalation
- ◆ Navigating Change and Transition
- ◆ Boundaries
- ◆ Parenting
- ◆ Personality Profile Assessments
- ◆ Technology Use and Abuse

SCHEDULE YOUR NEXT EAP TRAINING

For questions or to schedule an on-site training, please call 541-345-2800, or email: trainings@cascadehealth.org. Please note: cancellations made within 24 hours of scheduled trainings will incur a charge of 50% of the out-of-pocket cost or will count against any remaining contracted free training hours.

QUARTERLY WELLNESS WORKSHOPS

The following is a list of quarterly wellness workshops. These are free to EAP employees or \$25 per person. All classes are one hour long, begin at noon, and are offered via TEAMS. To register, please email trainings@cascadehealth.org.

2/20/25 Navigating Life with ADHD: A Workshop for Women and Their Loved Ones

5/15/25 Overcoming Perfectionism and Cultivating Self-Acceptance

8/19/25 Overcoming Anxiety with Mindfulness

11/13/25 Loving Detachment and Boundaries