

www.wfseap.org

Select **I AM AN EMPLOYEE**
Your username is **BHT**

Explore the online
resources and services
available to you.



Webinars: Free monthly and on-demand online seminars with topics ranging from strengthening communication skills, to celebrating mid-life; from traveling like a travel agent, to creating a great workplace and more!



LiveConnect: As comfort in using and expectations of the internet continue to grow, employees and family members can now chat via Instant Message (IM) with an expert about childcare, eldercare and daily living issues 24/7!



Daily Living: EAP now offers a new type of support- Daily Living Resources & Referrals. Are you planning on moving? Looking for a new house or apartment? Need help finding a veterinarian? Looking for wellness resources? Thinking of going back to college? Let EAP save your valuable time from exhaustive research by doing your footwork for you. Available 24/7 by phone or LiveConnect.



Tools & Resources: More tools, tips and articles than ever! New features include:

- Relocation Center
- International Resources
- Spanish content available with the click of a mouse
- Health & Wellness tools, assessments and tips- a great compliment to your wellness program
- 90+ Interactive Skill-Builders for professional and personal growth complete with certificate award upon completion. Topics include: diversity, workplace violence, sexual harassment prevention, communication, stress management, performance management, leadership, emotional intelligence, managing negative people, goal setting, increasing self-esteem and many more!



Eldercare: 24/7 by phone and LiveConnect. Find resources, articles, legal forms, seminars and skill builders for topics relating to adults with disabilities, aging well, planning for future, government programs, housing options, home care, caregivers and grief and loss.



Childcare: 24/7 Explore resources, articles, legal forms, seminars and skill builders for parenting, adoptions, childcare (now with open spaces confirmed for you!), education and more.



Parenting Counts Online Center: Parents of children between the ages birth through five will love this interactive, fun and educational online baby book. Developed by the Talaris Institute, the timeline explores how children think, feel, learn and grow using short videos, sound bytes and bite size tips. Parent's can share their child's milestones with family and friends in a secure online community.

Employee Assistance Program

We're here for you.

Wellspring Family Services EAP
www.wfseap.org

Call **1.800.553.7798**
or **206.654.4144** TTY **866.704.6355**

The logo features a stylized blue and green leaf icon above the word "wellspring" in a serif font, "family services" in a script font below it, and "EAP" in a bold sans-serif font to the right.