

# Resources for Life

## Legal / Mediation

A free 30-minute consultation with an attorney or mediator. A 25% discount is available thereafter.

## Financial Coaching

Unlimited access to reach your financial goals.

## Identity Theft Services

Consultation with a Fraud Resolution Specialist™ (FRS).

## Home Ownership Program

Assistance and discounts for buying, selling, and refinancing a home.

## Resource Retrieval

EAP Specialists will do the research and get back to you within three business days.

## Childcare & Eldercare

Canopy will locate caregiving options and resources based on your family's specifications, budget, and location.



SCAN ME

call:

**800-433-2320**

email:

**info@canopywell.com**

visit:

**my.canopywell.com**



**canopy**

# Canopy Wellbeing Services

**We provide **FREE**  
and **CONFIDENTIAL**  
services that help you  
and your eligible family  
members with personal  
concerns, big or small.**

**Instant access to your  
wellbeing benefits,  
including:**

- Coaching
- Counseling
- Resources for life
- Legal consultations
- Housing support

**We've got you covered,  
connect with us today.**



**canopy**



**call: 800-433-2320  
text: 503-850-7721  
web: [my.canopywell.com](https://my.canopywell.com)**

# Servicios De Bienestar De Canopy

**Ofrecemos servicios  
GRATUITOS y  
CONFIDENCIALES que  
te ayudan a ti y a tus  
familiares elegibles con  
inquietudes personales  
grandes o pequeñas.**

**Acceso inmediato a tus  
beneficios de bienestar,  
que incluyen:**

- Asesoría
- Consejería
- Recursos para la vida
- Consultas legales
- Apoyo a la vivienda

**Te tenemos cubierto,  
conéctate con nosotros  
hoy mismo:**



**canopy**



**llama al: 800-433-2320  
manda un texto: 503-850-7721  
web: [my.canopywell.com](https://my.canopywell.com)**

# Mental Health Awareness

**You do things for your physical fitness, like eating healthful foods and exercising. How about also boosting your mental fitness?**

**Canopy is available to support you through life's ups and downs with:**

- **Coaching**
- **Counseling**
- **Work/life services**
- **Self-care tools**

**Contact Canopy today for resources that enhance your mental fitness, on your own terms**

**It's free, confidential, and available 24/7**

