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EAP Newsletter | August 2026

FCH EAP Wildfire Support Resources

With wildfire risks continuing to impact regions across Washington, FCH EAP wants to ensure our whole community has access to vital relief and recovery resources. Even if you aren't directly affected by active fires, the EAP is available to help you cope with all types of unexpected stressors.

RESOURCE LINKS

[Spokane Community Resources](#)
[Spokane Regional Health District](#)
[American Red Cross Resources](#)
[211 Assistance](#) or **Dial 211**
[Effects of Wildfires Handout](#)

FCH EAP SUPPORT

[24/7 In-the-Moment Support](#)
[HelpTexts Information](#)
[Unexpected Events Handout](#)
[EAP Counseling Sessions](#)

AGENCIES SERVING WILDFIRE-IMPACTED REGIONS

**Chelan-Douglas Community
Action Council (CDCAC)**
Serves: Chelan and Douglas
Counties
Phone: 509-662-6156

**Okanogan County Community
Action Council (OCCAC)**
Serves: Okanogan County
Phone: 509-422-4041
Website: occac.com

Website: cdcac.org

Northwest Community Action Center

Serves: Yakima County, South

Phone: 509-865-7630

[Northwest Community Action Center](https://cdcac.org)

Rural Resources Community Action

Serves: Stevens, Ferry, Lincoln and

Pend Oreille Counties

Phone: 509-685-6000

Website: RuralResources.org

North Opportunities Industrialization Center of Washington

Serves: Adams, Grant, Yakima North

Phone: 509-248-6751

Website: oicofwa.org



HELPFUL INSIGHTS **This Month's Reading**



Employee Article

Proactive Strategies for Coping with Change

Access the article:

[English version](#) | [Spanish version](#)



Supervisor Article

Leading Your Team Through Transition

Access the article:

[English version](#) | [Spanish version](#)



WEBINAR HUB

Learn From Experts



Featured Webinar

Where to Find Money for Your Education

[Webinar Access Link](#)



Work & Life Webinars

Select links to register.

[Homebuying & Financing - 8/11](#)

[Home Maintenance 101 - 8/12](#)

[Renting Vs. Buying - 8/13](#)

To access webinars, enter your company's username in the box under "Website Login."

If you don't know your username, contact your HR staff or call FCH EAP at 800-777-4114.



RESOURCES HIGHLIGHT

Well-Being Support

Back To School

Explore available resources from Mental Health America (MHA) for every stage of the school year.



[Visit MHA's Back-to-School Hub](#)

Managing Life's Curveballs

Read our blog on ways to find your footing by Katie Best, LCSW, Director of FCH EAP Client Services



[Read the FCH Blog Post Here](#)

UPDATES FROM

First Choice Health

FCH is Going Green

To increase our sustainability, we are moving from print to digital resources. Our focus remains on providing the highest levels of service and support during this transition.



[More About FCH Paperless Here](#)

Reach out to your EAP Clinical Account Executive with questions.



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Employee Assistance Program

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