

Resource fair information

Employee town hall | Tuesday, Oct. 15, 2024



Employee assistance program

See flyer

canopywell.com

Employee resource groups

See flyer

oregonmetro.gov/employee-resource-groups

Open enrollment for health benefits

oregonmetro.gov/openenrollment

Training and development

<https://metronet.oregonmetro.gov/my-employment/training-and-development>

Phishing scam education

See tips

Bike, walk and commuter resources

getthereoregon.org/

Recycle or not

recycleornot.org/

game.recycleornot.org/

MetroPaint

oregonmetro.gov/metropaint

Emergency preparedness

redcross.org/get-help/how-to-prepare-for-emergencies.html

publicalerts.org/signup

usgs.gov/faqs/how-do-i-sign-shakealert-earthquake-early-warning-system

cdc.gov/earthquakes/safety/stay-safe-during-an-earthquake.html

regionalh2o.org/

ready.gov/

Employee Assistance Program



To get started

A single call to a Canopy counselor is all it takes to get connected with the help and resources you need. Just identify yourself as a Metro employee, or as the family member of an employee.

Call: 800-433-2320

Text: 503-850-7721

info@canopywell.com

Online resources

Create an online account to access articles, courses, videos, webinars, legal and tax forms and more. Use *Metro* when asked for your employer name.

canopywell.com



Everyone needs support, and it's okay to ask for help.

Balancing work and home life, maintaining relationships, planning for the future – all while keeping your cool and staying healthy – can feel like a lot.

Metro's employee assistance program – offered through Canopy - provides a wide range of FREE and confidential services to help you and your family.

- ▶ Private, professional counseling by text, phone or video.
- ▶ Help with relationships at home or work.
- ▶ Support for depression, stress management and anxiety.
- ▶ Resources for budgeting and savings.
- ▶ Legal and tax support.
- ▶ Caregiving resources for children and elders.

These resources and more are available to all Metro employees and their families regardless of where or how often you work.



Metro



canopy



Find your community at an employee resource group

Metro has employee resource groups for LGBTQ+ people, Black people and people of color. The groups allow employees with shared life experience to network, support one another and develop professional skills. Group activities range from organizing (and attending!) social events to offering guidance to leadership on key workplace issues.

Interested? Let your manager know you'd like to participate and plan to come to an upcoming meeting. You can use paid work time to attend meetings.

Questions, sign-up for email lists, or to get links for online events or meeting locations:

ERG@oregonmetro.gov

oregonmetro.gov/employee-resource-groups



Don't get hooked!



Know how to identify a phishing attempt.

Phishing emails are designed to be convincing and manipulate you into taking actions that compromise network security and your personal information. Use these tips to keep accounts and data safe.

Check the email address carefully. Phishing emails often use email addresses that look similar to legitimate ones but may have slight differences like extra letters or numbers.

Look for urgent language or threats. Be wary of emails that create a sense of urgency or pressure, such as "Act now!" or "Your account will be closed if you don't respond!"

Hover over links before clicking. Always hover over links to see the actual URL. If it looks suspicious or doesn't match the sender's usual web address, don't click it.



Confirm suspicious emails from known senders. If an email request comes from another Metro employee or someone you know but seems suspicious, confirm that they did email you via Teams, phone, text or some other method besides email.

Avoid unsolicited attachments. Don't open attachments from unknown or unexpected senders. Attachments could contain malware or viruses designed to compromise your computer or device.

Report phishing attempts.

To report a phishing attempt contact Metro's IT team at helpdesk@oregonmetro.gov.



Metro