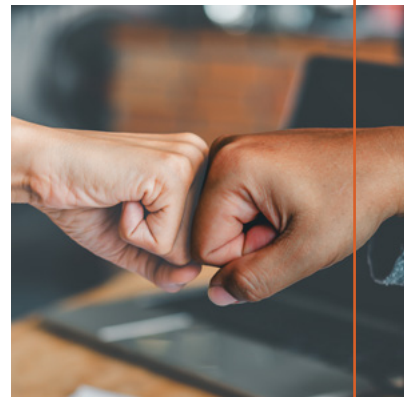


**The many ways  
CCA is**

**@YourService**



I want to prioritize...

my mental health

Whatever your goals, CCA@YourService can assist!

Free and confidential for you and your family members, the program provides a range of **mental health resources**:

- In-the-moment support, with referrals to short-term professional counseling
  - Stress and anxiety
  - Grief and trauma
  - Family and relationship concerns
  - Life transitions
  - Addiction and recovery
- Articles, tips and self-assessments to help identify signs, symptoms and treatment options for various conditions
- Referrals and provider location assistance
  - Long-term or open-ended treatment
  - Support groups
  - Self-care for the mind, body and spirit



ALWAYS AVAILABLE. ALWAYS CONFIDENTIAL.

**PHONE: 800-833-8707**

**WEB: [www.myccaonline.com](http://www.myccaonline.com)**  
(Company Code: ipgus)

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I want to prioritize

better stress management

Whatever your goals, CCA@YourService can assist!

Free and confidential for you and your family members, the program provides a range of stress management resources such as:

- In-the-moment support, with referrals to short-term professional counseling, to help when things seem overwhelming
- Tips and self-assessments to help identify stressors and mitigate the impact of stress
- Guided relaxation and breathing exercises
- Confirmed, matched referrals to help take the stress out of provider location
  - Child care, elder care, backup care
  - Pet care and veterinarians
  - Household repair and maintenance
  - Moving and relocation
- Professional consultation and referral for any legal or financial matters that are a source of stress



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I want to prioritize...

*delegating my to-do list*

Whatever your goals, CCA@YourService can assist!

Free and confidential for you and your family members, the program provides a range of **daily convenience resources**:

- Referrals and provider location assistance
  - Home maintenance and improvement
  - Moving and relocation
  - Event planning
  - Disaster recovery
  - Volunteer opportunities, and more
- Guidance on legal and financial matters
  - Preparing a will
  - Hiring a lawyer
  - Saving and investing
  - Creating a budget, and more



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# I want to prioritize *care for my kids*

Whatever your goals, CCA@YourService can assist!

Free and confidential for you and your family members, the program provides a range of child care and parenting resources such as:

- **Referrals and provider location assistance**
  - Day care, nannies, and after-school care
  - Education, tutoring, and extracurricular activities
  - Pediatric care, maternity care, and fertility specialists
- **Online resource library for families and caregivers**
  - Pregnancy, fertility, and adoption
  - Sibling rivalry and relationships
  - Teaching children responsibility
  - Setting age-appropriate boundaries
  - Discussing difficult subjects



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This year, I want to prioritize

taking control of my finances

Whatever your goals, CCA@YourService can assist!

Free and confidential for you and your family members, the program provides a range of **financial resources:**

- Consultation with financial educators on budgeting, managing debt, purchasing a home, saving for the future, recovering from identity theft, and more
- Referrals to additional financial support and resources
- Online financial calculators, tools, and articles
- Online access to **TaxSlayer** software, offering the option to prepare, print, and e-file your simple federal and state tax returns for free
- Exclusive discounts on retail brands, restaurants, concert and movie tickets, and more at the online **Savings Center**



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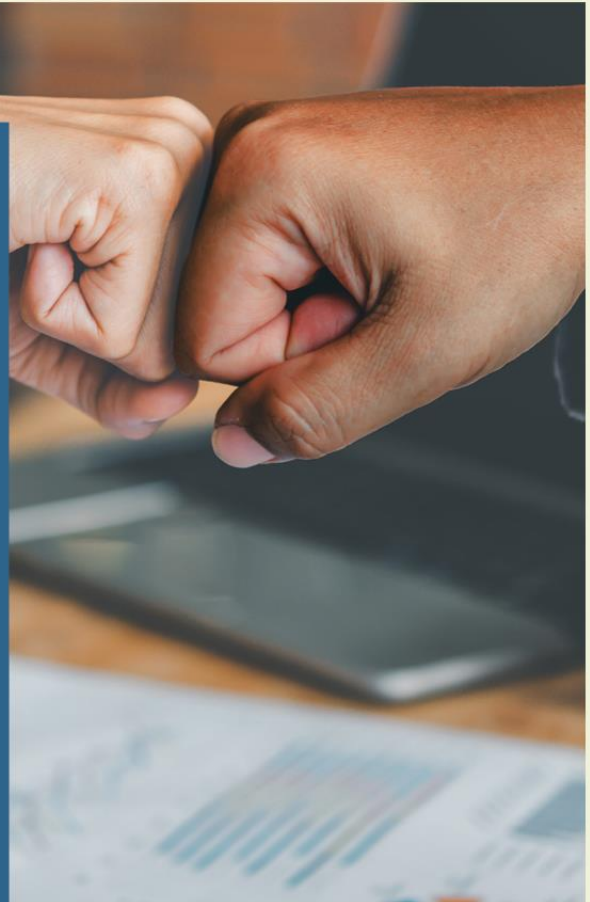
This year, I want to prioritize

professional development

Whatever your goals, CCA@YourService can assist!

Free and confidential for you and your family members, the program provides a range of **professional development resources**:

- On-demand webinars and e-learning modules
  - Time management
  - Emotional intelligence
  - Conflict resolution
- Information and resources on popular topics
  - Team building
  - Managing employee stress
  - Giving and receiving feedback
- Referrals and provider location assistance
  - Continuing education
  - Career coaching
  - Networking and mentorship opportunities



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