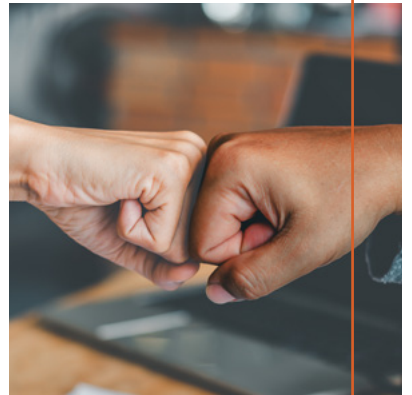


The many
ways CCA is

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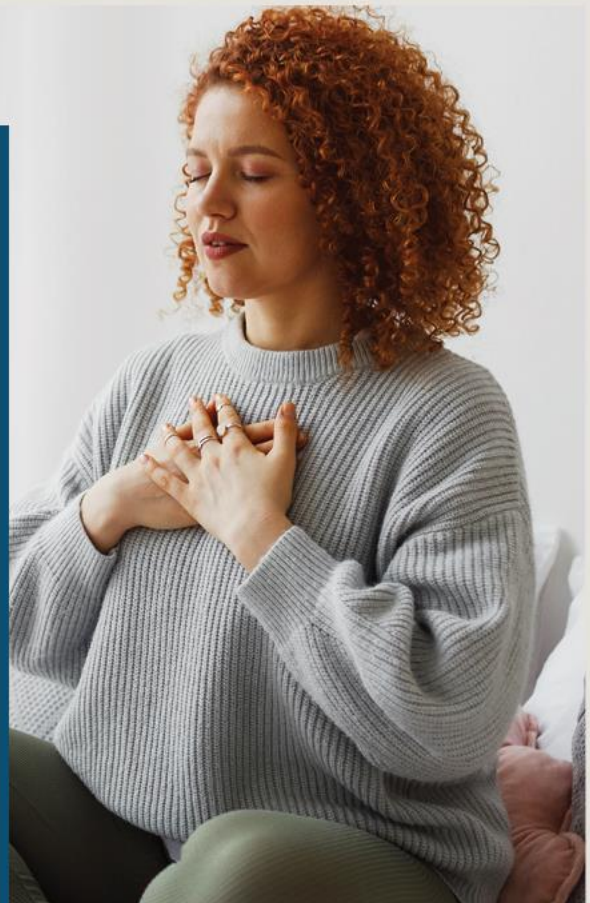


I want to prioritize my mental health

Whatever your goals, CCA@YourService can assist!

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

- Assessment and referral to short-term professional counseling, as needed
 - Stress
 - Family and relationship concerns
 - Grief and loss
 - Anxiety and depression
 - Life transitions
 - Addiction and recovery
 - Work-related issues
- Online library of articles, resources, FAQs, self-assessments, and on-demand seminars
- Provider location and referrals for health and wellness practitioners, support groups, volunteer opportunities, and more



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I want to prioritize total well-being

Whatever your goals, CCA@YourService can assist!

Wellness has many dimensions: mental, physical, social, financial, spiritual, and vocational. When one dimension is out of balance, the other dimensions are affected. Fortunately, **CCA@YourService** is a free benefit that can provide resources, referrals, and counseling for better balance and overall well-being.

- Counseling for any personal, family, relationship, or work-related issue you're facing—with in-person and video appointments to fit your schedule
- Time-saving referrals for caregiving, daily living, health, and wellness needs
- Professional consultation for any legal or financial matter
- Skill-building content and activities to support healthy aging, adequate sleep, stress management, professional growth, and more



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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
 - Health and wellness
 - Event planning
 - Disaster recovery
 - Volunteer opportunities, and more
- Guidance on legal and financial matters
 - Preparing a will
 - Hiring and retaining an attorney
 - Saving and investing
 - Creating a budget, and more



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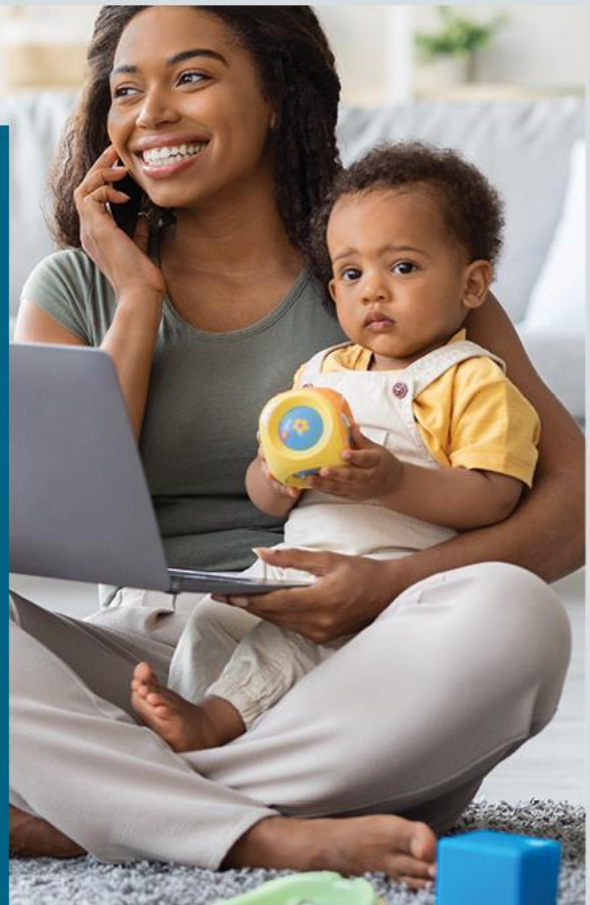


I want to prioritize navigating new parenthood

Whatever your goals, CCA@YourService can assist!

Welcoming a new addition to the family can be both joyful and stressful. Free and confidential, **CCA@YourService** provides a range of new-parent resources to help support you and your family during this time, such as:

- **Referrals and provider location assistance**
 - Fertility specialists and adoption agencies
 - Lactation and infant nutrition
 - Pediatric and special-needs care
 - Day care, babysitters, and nannies
 - New-parent support groups
- **Online resources on popular topics**
 - Adjusting to parenting
 - Infant safety
 - Returning to work
- 24/7 counseling for any stress, anxiety, or challenge you're facing
- Financial consultation to help navigate the needs of a growing family



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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, fertility specialists, and special-needs support
- **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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I want to prioritize

keeping my aging loved ones safe

Whatever your goals, CCA@YourService can assist!

Whether you are providing hands-on assistance or managing care from afar, **CCA@YourService** can support you in all areas of elder caregiving:

- Consultation to assess your elder's needs and make personalized recommendations
- Provider location and referrals for in-home care, assisted living, skilled nursing facilities, community programs, household services, transportation, grocery and meal delivery, and more
- Referral to short-term counseling, as needed, for guidance managing any stress, anxiety, or challenge you're facing
- Free 30-minute consultation with an attorney who is qualified to address elder law, wills, estate planning, and more



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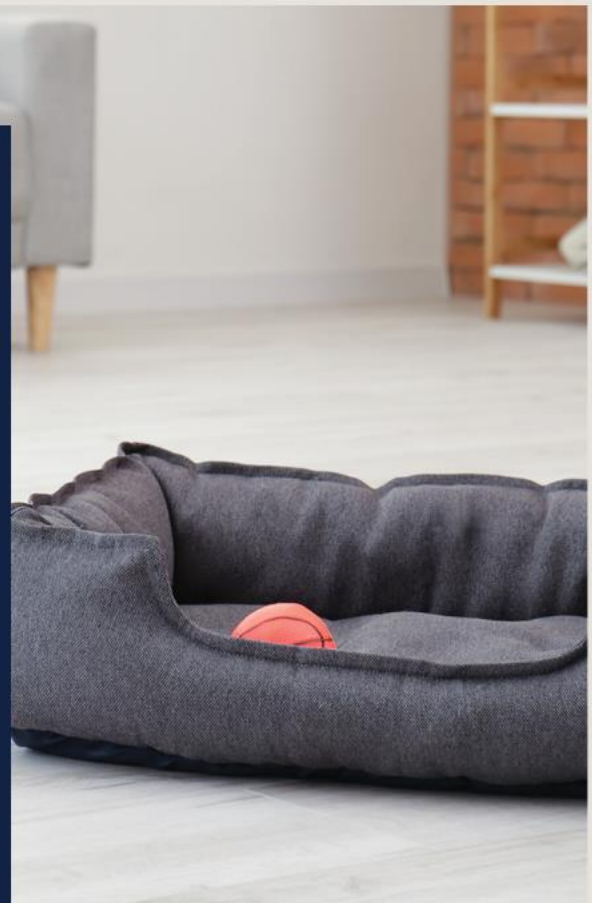
I want to prioritize...

growing my pet family

Whatever your goals, CCA@YourService can assist!

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

- Referrals and provider location assistance
 - Pet adoption and selection
 - Pet sitters and dog walkers
 - Trainers and groomers
 - Veterinarians
- Information and resources on popular topics
- Referrals and provider location assistance
 - Welcoming a new pet into the home
 - Encouraging good behavior
 - Traveling with pets
 - Keeping pets safe, and more



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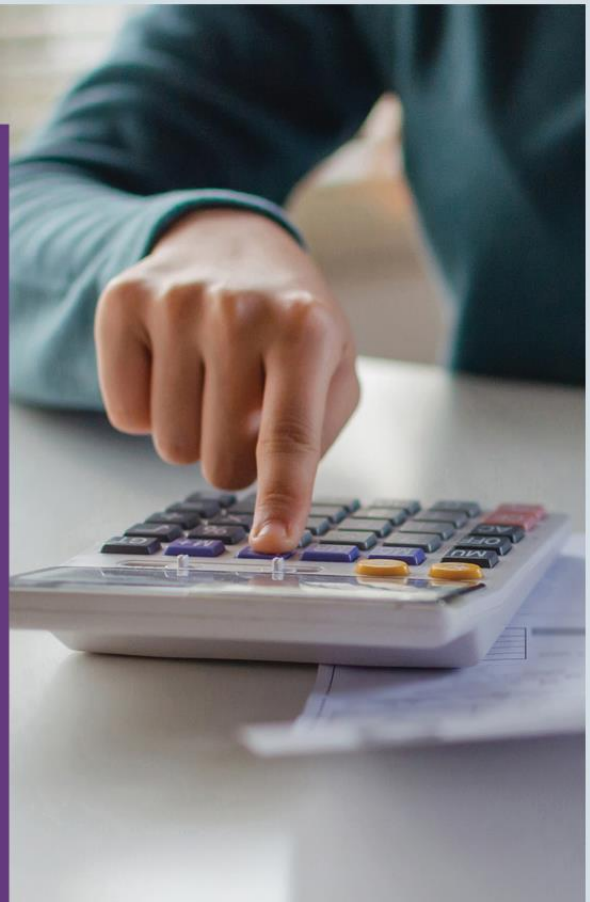
I want to prioritize

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 community organizations regarding financial support and assistance with basic needs
- 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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