



# CUNY Work/Life

NOW PRESENTED BY **CCA@YourService**



## AROUND-THE-CLOCK ACCESS TO EASIER LIVING



Welcome to **CUNY Work/Life**, now presented by **CCA@YourService**, a benefit for you and your family. Free assistance, resources, referrals, and counseling are available any time, any day, for any issue—all provided by qualified professionals.

Let a consultant help you locate child care, elder care, or pet care. Get referrals to area resources. Receive guidance on legal or financial matters. Access support for work stress or problems with alcohol and drug use. All this and more is always @YourService.



## CUNY Work/Life

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**Always Convenient Always Confidential Always @YourService**

- Family and caregiving
- Everyday living
- Legal and financial
- Personal health
- Work-related issues
- Stress and well-being
- Addiction and recovery





**How does CUNY Work/Life help?** The program provides free professional consultation, referrals, and counseling for any issue that matters to you and your family.

**How is all this free?** Because your convenience and well-being are important, your employer provides access to the program at no cost to you.

**When can I call?** Any time, any day. No matter when you call, a qualified professional is available to assess your needs and connect you to the appropriate resources or immediate counseling.

**Can my family use the service, too?** Absolutely. All the benefits and convenience you enjoy from CUNY Work/Life are available to your family and those you care about.

**Is the program confidential?** Yes. The program is administered by CCA—an organization separate from your employer—that does not share details about who has used the service.

**What's available on the website?** The website offers a hub of articles and information on popular topics, and connects you to exclusive resources, tools, and daily living calculators.



For free access to easier living, call or log on any time, any day

TOLL-FREE:  
**800-833-8707**

WEBSITE:  
**[www.myccaonline.com](http://www.myccaonline.com)**  
Company Code: CUNY