

# Grief can feel like a light has gone out.

You don't have to navigate the darkness alone.

Times of grief are some of the most difficult experiences of our lives, and it can take time to return to feeling okay again. But it's important to remember you're not alone. **CCA@YourService** provides you and your family members with a range of support such as:

- No-cost, short-term counseling with a licensed professional counselor
- Information on all aspects of the grieving process
- Guidance around planning a funeral or memorial services
- Referrals and provider location for caregiving needs
- Legal and financial consultations on matters such as wills and estates, taxes, insurance policies, and more

If you or someone you care about could benefit from grief support, call or connect to **CCA@YourService**. The program provides free, around-the-clock access to counseling to help with emotional recovery, as well as consultation, resources, and referrals to provide assistance with daily living needs.

**PHONE: 800-833-8707**

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

**Company Code: CUNY**

