



Because life doesn't clock out, neither do we.

That's why there's CCA@YourService. The program provides around-the-clock, free professional consultation, referrals, and counseling for any issue that matters to you and your family.

EMOTIONAL HEALTH

relationships | life transitions | grief and loss
anxiety and depression | substance abuse

FAMILY AND CAREGIVING

child care | elder care | adoption | education
special needs | new parent resources | life stages

EVERYDAY LIVING

household needs | pet care | travel and leisure
volunteer opportunities | community resources

LEGAL AND FINANCIAL

wills | estates | neighbor disputes | budgeting | loans
mortgages | retirement planning | credit | ID theft

PERSONAL HEALTH

healthy habits | exercise | nutrition | managing illness
chronic conditions | quitting smoking

CAREER

interpersonal skills | teamwork | training and education
work-life balance | stress | time management

All this and more are always @YourService.

**COUNSELING SERVICES
REQUEST FORM:**
cca.eapintake.com

ACCESS LINE: 800-833-8707

WEB: www.myccaonline.com

WEBSITE FEATURES AND BENEFITS

In addition to professional live support, the work-life website also provides:

- Thousands of articles and resources to support you personally and professionally
- Exclusive discounts on retail brands, restaurants, tickets, and more when you shop at the Savings Center
- Financial calculators and legal forms for a variety of practical applications

