



## 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.

### 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

### EMOTIONAL HEALTH

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

### CAREER

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

All this and more is always @YourService.

Detach at perforation and carry the card in your wallet for easy service access, or add CCA@YourService to your contacts by taking a picture of the QR code.



### WEBSITE FEATURES AND BENEFITS

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

- Free seminars and e-learning modules to support personal & professional growth
- Exclusive discounts on retail brands, restaurants, tickets, and more when you shop at the Savings Center
- Financial and daily living calculators for a variety of practical applications

