

Sometimes we know what a day brings, and sometimes we're challenged by the unexpected. But no matter what, no matter when, there's something that can help make life easier: **CUNY Work/Life**, now presented by **CCA@YourService**. A free benefit to you and your family, the program provides access to a range of support and convenience services, including free short-term counseling sessions (up to 3), and unlimited counseling by phone. All this and more is always **@YourService!**

## Emotional Well-Being

CUNY Work/Life provides free, confidential counseling to employees, as well as their household and family members. Call 24/7 for support with issues such as:

- Relationship matters
- Career concerns
- Mental health
- Family concerns
- Life cycle events
- Addiction and recovery
- Grief, trauma, and loss
- Stress management

## Health and Wellness

Let a professional consultant provide information, resources, and referrals related to health and wellness topics such as:

- Stress management
- Weight management
- Chronic illness
- Nutrition and fitness
- Referrals to local gyms or health clubs
- Smoking cessation
- Healthy lifestyle habits

## Legal Resources and Consultation

Call to be connected to a free, 30-minute consultation with an advice attorney for most legal matters, such as:

- Wills and trusts
- Referrals to an attorney at a 25% discounted rate if representation is needed
- Tax consultation
- Online resources including access to free will preparation software
- Dispute mediation
- Divorce and custody
- Elder law

## Daily Living and Convenience

Simplify your to-do list. Our work/life consultants can provide information, resources, and provider referrals to assist you with daily living and convenience matters.

- Child care and elder care
- Moving and relocation
- Adoption
- Dining and entertainment
- Pet care
- Travel
- Household and auto repairs
- Volunteer opportunities

## Financial Resources and Consultation

As well as practical financial tools and resources, you and your family have access to free phone consultations with a professional qualified to advise on financial matters.

- Credit and debt
- Home buying
- Budgeting and savings
- Referrals to additional financial resources
- Identity theft recovery
- Online resources including access to free tax preparation software
- Tax planning
- Retirement

## Work/Life Website

In addition to 24/7 real-time support, CUNY Work/Life provides access to a comprehensive website for self-access to a variety of useful resources:

- Searchable databases for service providers
- Webinars and videos
- Articles and tips on popular topics
- Text-message access to a work-life consultant
- Self-assessments and skill builders
- Savings Center for discounts on brand-name products and services

CALL OR LOG ON ANY TIME, ANY DAY



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

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

Company Code: **CUNY**