



# Support for Holiday Stress

## Don't let the pressure of the season burn you out

As enjoyable as the holiday season can be, it is also often a hectic, stressful, and emotional time. That's why **CCA@YourService** offers you and your family free, confidential support to help manage it all.

- **Professional counseling** to help cope with:
  - Stress, depression, or seasonal affective disorder (SAD)
  - Difficult relationships or family dynamics
  - Balancing social obligations
- **Financial consultation** to develop strategies for managing holiday expenses
- **Provider location and referrals** for area resources such as:
  - Household and chore services
  - Catering and party planning
  - Seasonal events and recreation
  - Pet sitting services

PHONE:  
**800-833-8707**

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

COMPANY CODE:  
**CUNY**

