

I want to prioritize

better stress management

Whatever your goals, CCA@YourService can assist!

Free and confidential for you and your family members, the program provides a range of stress management resources such as:

- In-the-moment support, with referrals to short-term professional counseling, to help when things seem overwhelming
- Tips and self-assessments to help identify stressors and mitigate the impact of stress
- Guided relaxation and breathing exercises
- Confirmed, matched referrals to help take the stress out of provider location
  - Child care, elder care, backup care
  - Pet care and veterinarians
  - Household repair and maintenance
  - Moving and relocation
- Professional consultation and referral for any legal or financial matters that are a source of stress



ALWAYS AVAILABLE. ALWAYS CONFIDENTIAL.

**PHONE: 800-833-8707**

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

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