

I want to prioritize

getting a handle on holiday stress

Whatever your goals, CCA@YourService can assist!

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 you 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



ALWAYS AVAILABLE. ALWAYS CONFIDENTIAL.

PHONE: 800-833-8707

WEB: www.myccaonline.com

Company Code: stjohns

