

life  
less complicated



## Resource and Referral



Corporate Counseling Associates  
People it forward.™

For help when you need it, count on your work-life service for free, confidential support any time, any day. Contact the consultants by phone, or log onto the website. Resources and referrals are available for matters related to work, family, relationships, caregiving, health, or any kind of support for your well-being—helping make *life less complicated!*

Call **800-833-8707** or visit **[www.cuny.edu/worklife](http://www.cuny.edu/worklife)** for assistance anytime, any day.