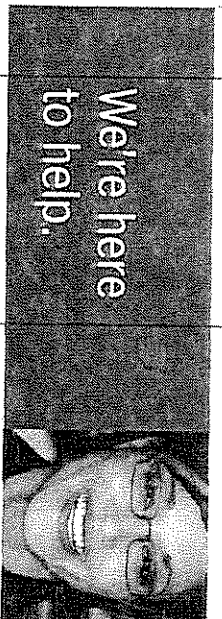


Corporate Counseling Associates

People it forward.™



**We're here
to help.**

Making Life Easier

Introducing the CUNY Work/Life Program

A voluntary, free and confidential benefit for employees and their family members.

Trying to manage your personal and professional responsibilities can be a real challenge at times. As your employer's Work/Life provider, Corporate Counseling Associates (CCA) is here to help. CCA gives you the information and support you need to manage your daily life – from prenatal information to adult care...from summer camps to child care services...from emotional well-being to health and wellness...and much more.

Available 24/7 – Tel: 1.800.833.8707

or Web: www.cuny.edu/worklife

Our website and team of experienced professionals are available around the clock to guide you and help clarify your options:

- Emotional Well Being
- Health and Wellness
- Resources for Child and Adult Care
- Educational Assistance
- Financial/Legal Issues

Why should I use the CUNY Work/Life Program?

We want you to be successful in your personal and professional lives. We have designed this service as an easy way for you to find help immediately for almost any need, such as taking care of yourself, personal or work-related stress, selecting the best caregiver for your child, researching assisted living facilities or home care, or identifying specialists to meet health and wellness needs.

Who provides the services?

This program is being provided by Corporate Counseling Associates, experts at helping employees get the most out of their lives. For more than 25 years, hundreds of companies around the world have turned to CCA for its active, consultative approach to work/life, coaching, training and organizational solutions.

Who can use the CUNY Work/Life Program and how much does it cost?

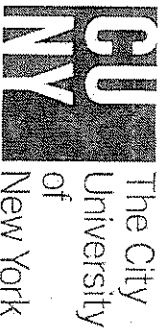
The service is free for all employees, their immediate family and household members.

Is the service confidential?

Yes, only you and your CCA counselor will know you have called.

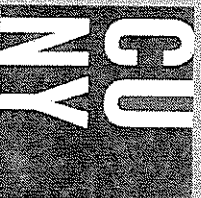
Contact CCA Today - We Make Life Easier

- Get information on selecting childcare or after-school programs
- Choose a therapist or select a support group
- Obtain help picking colleges or locating adult education classes
- Find a pet sitter or house sitter
- Discover tools to more effectively manage your personal and professional lives



Work/Life Web Site

Visit www.cuny.edu/worklife



CUNY Work/Life Program

A free, confidential service to
assist you during your family. Available 24
hours a day, 7 days a week.

Toll-free 1.800.833.8707



CCA, Inc. is ready to help all CUNY staff members who have been affected by the recent earthquakes in Turkey. If any employee or their family is in need of counseling or resources, the CUNY Work/Life Program hotline is available 24/7 at (800) 833-8707.

Turkey Earthquake Resources and Relief Efforts

International Federation of Red Cross and Red Crescent Societies

- American Red Cross
2025 East Street Northwest
Washington, DC 20006
Phone: 800-733-2767
Websites: <http://www.redcross.org>

- American Red Cross in Greater New York
520 West 49th Street
New York, NY 10019
Phone: 877-733-2767
<http://www.nyredcross.org/>

- Turkish Red Crescent Society
Donations:
<http://www.ifrc.org/en/get-involved/donate/>

Websites and Information:

<http://www.ifrc.org/en/what-we-do/where-we-work/europe/turkish-red-crescent-society/>

<http://www.ifrc.org/en/news-and-media/news-stories/europe-central-asia/turkey/>

Additional Resources: The CUNY Work/Life Website

The following information is also posted on the "News for You" section of CUNY's Work/Life website at www.myccaonline.com, Code: CUNY.

- For updated news, please visit **CNN** at http://www.cnn.com/2011/10/27/world/europe/turkey-quake/index.html?hpt=wo_c2.

- **Hurriyet Daily News**, Turkey's English paper, reports on the world's reaction and support efforts: www.hurriyetaidailynews.com/n.php?n=world-reacts-to-earthquake-in-eastern-turkey-2011-10-24.
- Google has set up a bilingual **Person Finder for Turkey** after earthquakes at <http://turkey-2011.googlepersonfinder.appspot.com/?lang=en>.
- The CUNY Work/Life website offers some articles you may find helpful:
 - When natural disasters strike, it can lead people to start thinking about preparedness for future emergency situations. The following article, [What to Include in an Emergency Supply Kit](#), offers tips to help one feel better prepared in the circumstance that a future disaster occurs.
 - Children and teens can be especially impacted after a natural disaster. For tips on supporting a child or teen, please see the following article: [Tips for Talking to Children and Teens After a Disaster](#)
 - For information and support around coping after a natural disaster, see this article: [Recovering From a Disaster: Coping](#)
- Other articles on the CUNY Work/Life website:
 - Are You Ready? Earthquakes
 - Managing Your Distress About the Earthquake From Afar
 - What to Do Before an Earthquake
 - What to Do During an Earthquake
 - What to Do After an Earthquake