



Date:  
**April 15, 2021**

Time:  
**12pm**

Faciliator:  
**Krista Rizzo**



## Resiliency for working parents

CCA@YourService is a free, confidential program that's available to assist you with any work or life issue that matters to you and your family. For professional counseling and supportive resources, call or log on any time, any day.

TOLL-FREE:  
**800-833-8707**

WEBSITE:  
**www.myccaonline.com**

COMPANY CODE:  
**CUNY**



Today's working parent needs to build resiliency in order to prevent burnout. This seminar will give you the tools to manage stress while maintaining a sense of work and family life balance.

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