



From the Office of Human Resources

November 6, 2020

Practicing Resilience During Uncertain Times

Dear Faculty and Staff,

These continue to be challenging times, from coping with the strain of the ongoing pandemic to navigating the end of a contentious election season.

Around-the-clock Support

We want to remind you that Corporate Counseling Associates (CCA) our employee assistance program (EAP) is available to offer confidential, in-the-moment support and to provide referrals for a variety of issues.

Please reach out to CCA at 800-833-8707. Counselors are available 24/7 ready to help. You can also log onto the website at [myccaonline.com]myccaonline.com (Company Code: CUNY) for extensive information and resources.

New Webinar Offering

In addition, CCA will be hosting weekly webinars on **Practicing Resilience During Uncertain Times**. This program provides support, information, and tips around staying balanced during these tough times. Please sign up for the following dates below:

- Monday, Nov. 9: 11–noon (EST)
- Wednesday, Nov. 11: 2–3 pm (EST)

Additional dates will be added to the “What’s New” column of the [new Office of Human Resources website](#) so please bookmark the site. Dates will also be promoted in the *This Week @ Baruch* newsletter so watch your inbox.

As always, you are also welcome to reach out to the [HR team](#) directly with any questions you may have.

Sincerely,

Andrea Caviness

Executive Director, Office of Human Resources

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