

# API SUPPORT & RESOURCES

## CCA: Free Group Therapy Sessions for Employees - 15 Person Max

Many of us are grappling with a range of emotions following the recent reports of anti-Asian hate crimes. In our continued mission to offer a supportive space to voice our feelings, reflect on the injustices we've witnessed, and identify how we can channel the power of our responses into meaningful and relevant action, IPG DEI is offering another series of virtual group discussions. Giving expression to our emotional responses can be cathartic and healing, and self-care practices (physical and emotional) will also be embedded. All groups will be confidential and led by clinicians from CCA, our Employee Assistance Program. **Additional calls for allies will be coming soon.**

### For API Employees Only (click to sign-up) :

- [Wednesday, March 24 | 2:00 PM EST](#)
- [Friday, March 26 | 2:00 PM EST](#)
- [Monday, March 29 | 2:00 PM EST](#)
- [Wednesday, March 31 | 3:00 PM EST](#)

*\*Each group is capped at 15 participants to ensure that everyone's voice is heard. If the group you are registering for reaches capacity, you will be notified and provided with alternate availability.*

## CCA: One-on-One Support

We know this continues to be a challenging time. With reports of anti-Asian hate crimes rising over 150% in major cities over the past year, many are grappling with anxiety, anger, grief, sadness, and fear. **CCA@YourService** wants to remind all who are directly or indirectly impacted that you are not alone. You and your family members have free, confidential access to support, guidance, and referrals for a variety of needs and concerns. Please reach out confidentially to **800-833-8707** for 24/7 counselor assistance. You can also log on to [www.myccaonline.com](http://www.myccaonline.com) (Company Code: **ipgus**).

## Peace at Home Parenting & Employees Resources

Our partner, Peace at Home Parenting, continues to offer programs and resources that can help a broad range of family needs, including how to respond to current events, one-on-one coaching and remote parenting.

[Click Here for the IPG Toolbox](#)

IPG Subscription Code: **IPGPeace**

[Click Here for additional resources & support from IPG DEI](#)

**IPG Diversity & Inclusion**