

Moving toward Post Traumatic Growth after COVID-19

PESU and HealthCare Assistance with Member Support (HCAMS), offers you a crucial stress relief webinar.

Thursday, April 15, 2021, at 5:00PM



Scan the QR Code with phone or click link below to join the Zoom Video Webinar

<https://zoom.us/j/5897068932>

Meeting ID: 589 706 8932

- Learn what 2021 laws will protect you and your job now!
- How your emotional temperature and stress impacts your home and work life
- What to do if you are in progressive discipline due to stress-related COVID-19 reasons
- Manage and release stress, and make realistic plans for a stronger, happier 2021

HCAMS

HealthCare Assistance with Member Support (HCAMS), the Union's Employee Assistance Program offers members the medical services they require to access care and mitigate discipline. HCAMS provides job protective services and support for behavioral health and substance abuse to you and your family at no cost. This confidential program is available 24/7.

Presenter's Bio: Frankie Mallis, M.A., adjunct professor at Arcadia University, led organization efforts with United Academics of Philadelphia to unionize the adjunct professors in 2016 after winning Adjunct Professor of the Year. A graduate of Cornell University, she became a social worker before earning her Master's. Frankie is deeply committed to mindfulness, and wellness practices, and sharing them with others. She earned her 200-hour RT yoga certification in 2015.

www.unionsupport.org

1-888-828-7826