

## WELLBEING SUPPORT FOR EMPLOYEES

In this challenging time of unwelcome change impacting our college, we have invited therapists from Empathia to provide solace and confidential support services to our community.

**We especially would like to offer this support to employees affected by the reduction in force/Layoffs.**

Therapists from Empathia will be on campus over the next few weeks in **Student Services 3<sup>rd</sup> floor room 337** on the following dates and times to hold individual and group sessions with employees needing support.

DAY	DATE	TIME	Session Type
Wednesday	March 11	10am to 3pm	Individual
		3pm -4pm	Faculty group
		4pm-5pm	Classified group
Thursday	March 12	10am to 4pm	Individual
		4pm-5pm	Manager group
Wednesday	March 18	10am to 3pm	Individual
		3pm-4pm	Faculty group
		4pm-5pm	Classified group
Thursday	March 19	10am to 4pm	Individual
		4PM-5PM	Manager group
Wednesday	March 25	10 AM to 3 PM	Individual
		3PM-4PM	Faculty group
		4PM-5PM	Classified group
Thursday	March 26	10 AM to 4 PM	Individual
		4PM-5PM	Manager group

To sign up for either individual or group sessions, staff can [click here](#) to sign up anonymously. We are navigating this change together, and utilizing our available mental health support is a key step toward building our future resilience.