Sponsored by The Women's Center, HR Well-being, Learning and Organization Development, and the Office of Equity

## Caring for Ourselves and Others as We Navigate Change:

A New Dialogue Series For Staff

## JOIN US VIRTUALLY EVERY OTHER THURSDAY, FROM 3:30-4:30 <u>1ST SESSION - MAY 7TH</u>

Topics will rotate each session, and may include: complex concerns for caregivers; managing vicarious trauma; care-based approaches to remote work; and more.

## REGISTER AT https://bit.ly/2VYniJs