

**From:** [Hamdy, Rania E.](#)  
**To:** [Hamdy, Rania E.](#)  
**Subject:** Tomorrow: Mental Health, Stress Management & Crisis Resource Workshop  
**Date:** Wednesday, June 17, 2020 2:23:29 PM

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Topic: Mental Wellness, Stress Management & Crisis Resources Workshop

Description:

This workshop is designed to provide staff with resources and tools to address the increased levels of stress and anxiety many are currently experiencing during these uncertain and divisive times.

It's our goal to offer participants a safe space to explore these feelings, while maintaining their right to anonymity.

Register here: [Mental Health, Stress Management & Crisis Resources Workshop](#)

After registering, you will receive a confirmation email containing information about joining the meeting and a PHQ4 self-evaluation worksheet, which they can complete prior to the workshop.

(This worksheet is completely OPTIONAL).

This workshop is being facilitated by the SBVC Student Health Services Dept. in partnership with both the Professional Development Committee and the Classified Connections Planning Team.

This workshop is open to all employees of the District.

NOTE: This initial workshop will be conducted in a fashion where participants will only see the facilitator windows. This is being done to protect participant anonymity.

The chat feature of this initial meeting will also be disabled. If you have questions or comments please submit those prior to the meeting to the following address: [eguillen@valleycollege.edu](mailto:eguillen@valleycollege.edu)

Questions will be asked by the moderator without identifying the individual asking. This meeting will NOT be recorded.

Meeting Link: <https://cccconfer.zoom.us/j/98114617023?pwd=c1RiVnBGYkpNT0FBa1R1SWxSMUJQQT09>

Meeting ID: 981 1461 7023

Password: Stressless