



2 Virtual Workshops on Emotional Wellbeing
No Cost

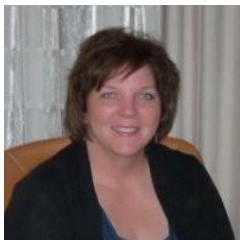
**For Employers, Chamber Members and Provider Organizations: Tuesday, February 22, 2022;
2:00 pm-3:30 pm**

In 2022, supporting employees holistically requires that employers consider the emotional and mental health challenges that many in the workforce are balancing. Join us for a session focusing on current trends and some best-practice techniques to identify, inquire about, and support the emotional well-being of your employees. **Register here: <https://bit.ly/3BphQ76>**

For Employees and Others: Tuesday, March 8, 2022; 2:00 pm-3:30 pm

Are you feeling overwhelmed by multiple challenges in your life that are negatively impacting your work? Join us for a session where we can explore tips and ideas for how to build self-care into your daily routine as well as discuss your concerns with your supervisor or employer.

Register Here: <https://bit.ly/3Joplh2>



Annemarie Clarke is a licensed psychologist and the Corporate Officer for Behavioral Health & Autism Services at SPIN. She has been on SPIN's executive team for 20 years and in this role, has supported employee well-being and provided crisis support across the organization with employees, individuals in service, and teams.

Questions? Please email PAWorkforceCoalition@gmail.com