

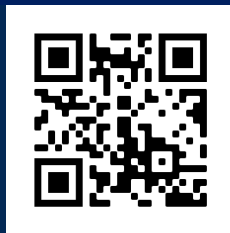
Facing COVID-19 Stress and Trauma

Stress relief seminar presented by Citrus County Education Association and HealthCare Assistance with Member Support (HCAMS)

Thursday, September 30, 2021

6:00PM

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

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

Call or Email HCAMS 24/7

1-888-828-7826

contact@memberassistance.us