



EMPLOYEE ASSISTANCE PROGRAM (EAP)



A voluntary, **work-based program** that provides **1-6 sessions of free, confidential assessment, short-term counseling, referrals, and follow-up services** to employees who are experiencing COVID-19 related anxiety. **For Immediate Confidential Assistance 24/7, call 800-222-0364. For more information about EAP: [Employee Assistance Program Resources](#). For all employees!**

VISN 21 WHOLE HEALTH: VA EMPLOYEES MOVEMENT MOMENTS



Get up and get your blood flowing! Movement Moments: **20-25 minutes of movements** from Chair Yoga, Stretches, Yoga, Pilates, etc., **Mondays 4:15 p.m.**; April 6, 13, 20, 27; **Wednesdays 7:30 a.m.**; April 1, 8, 15, 22, 29. **VANTS:** 800-767-1750; Code: 22983# (Audio) and [Video](#). **For all employees!**

VISN 21 WHOLE HEALTH: VA EMPLOYEES PHONE-BASED MINDFULNESS



Mindfulness Meditation is a mind-body technique that helps you face the challenges and stressors of everyday life. **15-minute sessions on Tuesdays and Thursdays, 12:15 – 12:30 p.m.**; April: 2, 7, 9, 14, 16, 21, 23, 28, 30. **SKYPE Line:** 844-364-7554 or 844-964-7556; Code: 37963628. **For all employees!**

MINDFULNESS YOGA



60-minute Yoga program led by Carl Thomas Schuler, M.S. Peer Support Specialist / Yoga Teacher / Army Combat Veteran. **Wednesdays and Thursdays, 4:30 – 5:30 p.m., via VA Video Connect (VVC).** Contact Carl Schuler: 415-696-1361, carl.schuler@va.gov. **For all employees!**

MIND-BODY SKILLS GROUPS



Mind-Body Skills Groups provide a safe and supportive environment for you to learn and practice a variety of skills that will help you **cope with stress, illness, and other challenges in your life, like what you may be experiencing with the COVID-19 pandemic.** Mind-Body Skills groups will meet weekly for 90 minutes on **Mondays 4:00 – 5:30 p.m. starting April 13 or Wednesdays from 4:00 – 5:30 p.m., starting April 29.** Zoom invite upon confirmation. **Contact Jenny Tighe: Jennifer.Tighe@va.gov. For all employees!**

INFORMATION ON COPING WITH STRESS AND ANXIETY



Federal Occupational Health's Employee Assistance Program offers 1-hour [webinars](#) on **how to handle current stressors** in a series entitled "Coping with Stress and Anxiety." **Available 24/7. For all employees!**

STRESS MANAGEMENT INDIVIDUAL CHECK-INS



Denise Davis, MD, FACH is offering **individual mentoring meetings** for all **EdPact System Trainees**, including Nurse Practitioner / Internal Medicine / Pharmacy / Mental Health / Dietician / Social Work Trainees. **Sundays, April 5 – April 26, 30-minute sessions** from **1:00 – 4:30 p.m.** (Zoom calendar invite upon confirmation). **Contact Denise Davis: denise.davis@ucsf.edu.**

MEDICAL SERVICE TRAINEE GROUP SUPPORT



Denise Davis, MD, FACH is inviting trainees to **group support sessions** via [Zoom](#) for all **EdPact System Trainees**, including Nurse Practitioner / Internal Medicine / Pharmacy / Mental Health / Dietician / Social Work Trainees. **Mondays, April 6, 13, 20, from 5:00 – 6:00 p.m.**