

UFT Member Assistance Program

Trauma and Stress:

A Six- Week Informative Practice

The UFT Member Assistance Program has partnered with mental health professionals at the Center for Trauma and Stress Education to bring UFT members this six-week group session on managing stress and trauma recovery.

We recognize how these unprecedented times have caused many of us to feel anxious and overwhelmed.

These sessions will allow you to:

- Manage the range of emotions you may be experiencing
- Learn coping skills to help ease anxiety
- Stay connected with others and implement mental health strategies to improve both your work and home life.

These virtual sessions will be conducted via Zoom and are available to all UFT members, free of cost. Attendance at all six sessions is required.

Here are the available sessions and dates:

SESSION 1:	SESSION 2:	SESSION 3:	SESSION 4:	SESSION 5:
Wednesdays (4:30-6 pm)	Thursdays (3:30 to 5 p.m.)	Tuesdays (4 to 5:30 p.m)	Tuesdays (4:30 to 6 p.m.)	Thursdays (4 to 5:30 p.m.)
Jan. 20, Jan. 27, Feb. 3, Feb. 10, Feb. 24, Mar. 3	Feb. 25, Mar. 4, Mar. 11, Mar. 18, Mar. 25, Apr. 8	Mar. 2, Mar. 9, Mar. 16, Mar. 23, Apr. 6, Apr. 13	Apr. 20, Apr. 27, May 4, May 11, May 18, May 25	Apr. 22, Apr. 29, May 6, May 20, May 27, Jun. 3

(No sessions during school holidays.)

To register, visit: <https://cvent.me/DlaGAZ> • Please call MAP at 212-701-9620 or email mapinfo@uft.org with questions.



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United Federation of Teachers
A Union of Professionals