



The UFT Member Assistance Program

This school year poses challenges and concerns for everyone. With all the uncertainties of the school year, teachers and other school professionals are facing an unprecedented situation. MAP is supporting union members by offering individual consultations, virtual support groups and online resources.

What kind of services can you receive?

- 1. Individual phone assessments and consultations.** Call or email MAP with your request and a licensed clinician will get back to you within 48 hours.
- 2. Virtual Support Groups.** During this time, staying connected is crucial to your well-being. The following groups are being offered via a HIPPA-compliant Zoom videoconference:
 - ▶ **Taming the Volcano Inside of You:** The pandemic has led to negative emotions for many people. Learn to identify your emotional triggers, develop healthy coping skills and enhance your interpersonal relationships by taming the volcano inside you. Groups offered at <https://cvent.me/bVrMwk>
 - ▶ **Bereavement Group:** Grieving the loss of a loved one or colleague can be difficult and complicated. You don't have to go through it alone. Connect with other members who are also experiencing a loss, whether due to COVID-19 or another cause. Groups offered at <https://cvent.me/aQw8n3>
- 3. Online Resources:** Visit the UFT website for online podcasts, meditations, books or webinars that can help you through these times, at www.uft.org/coronavirus-self-care
 - ▶ **Classroom Café Podcast:** www.uft.org/news/podcasts/classroom-cafe The Classroom Café podcast is all about brewing the conversation with educators, and are meant to inspire, nourish and motivate you. Check out two of our recent episodes, "Navigating the Holidays", "Relationships Matter" and "Managing Grief and Loss." These podcasts can also be found on iTunes, Spotify, GooglePlay, and SoundCloud.
 - ▶ **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 educators to feel anxious and overwhelmed. Weekly topics and skills include: understanding and managing stress, fear, and trauma; improving relationships, social connections and social support; preventing cumulative stress and trauma; managing grief and loss effectively; and dealing with chronic uncertainty. Register here for this free, six-week group session <https://cvent.me/DlaGAZ>
- 4. Referrals for you and your family members** to appropriate outside services including, but not limited to:
 - ▶ Mental health: clinics, psychotherapists, psychiatrists
 - ▶ Substance use treatment centers
 - ▶ Legal and financial services
 - ▶ Trauma, bereavement and loss



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