



Supporting Employee Mental Health



We've all experienced many changes over the last several months due to COVID-19. There have been numerous disruptions in both our work and home environments that have impacted daily life and taken a toll on our mental health. Everyone is coping with these disruptions in a different way, including within the workplace. Whether you are an essential business with employees who have continued to be onsite, have employees working from home, or are now opening your doors after the shutdown....it's important to think about the wellbeing of your employees.

In this webinar, Angie Shirey will help you:

- Recognize common mental health issues at work
- Understand how to provide healthy communication in our rapidly changing environment
- Create a culture that supports employee emotional health and wellbeing

About the Presenter: Angie Shirey, Licensed Clinical Social Worker

Angie is a Licensed Clinical Social Worker and is the owner of Spero Group Counseling, a private group practice located in New Bethlehem that provides counseling and training to individuals and organizations. Angie believes strongly that prioritizing our emotional health and wellness will improve our collective ability to function, have healthy relationships and create a culture of resilience and wellbeing.



FREE WEBINAR

May 7, 2020 • 11:00am

Register at www.nwirc.org/events

Contact Molly Reichard with questions at mreichard@nwirc.org