

## Back by popular demand: Mental Health during COVID-19 workshops

System Administration Human Resources teamed up with the Helen and Arthur E. Johnson Depression Center on the Anschutz Medical Campus to host three mental health and wellness workshops for CU employees in July. These workshops were so popular that they are making a return this September.

Each workshop focuses on an aspect of wellness during COVID-19. **Space is limited.** Learn more about each offered webinar and register for a spot:

### Promoting Mental Health and Resiliency through COVID-19

2 – 3 p.m. Sept. 22

Register

### Stress Management

2 – 3 p.m. Sept. 23

Register

### Self-Care Training

2 – 3 p.m. Sept. 24

Register