

the RESILIENCY group



A NEW EACC VIRTUAL PROGRAM

A confidential place for MICU nurses to process, find support, and learn coping strategies for these challenging times, facilitated by EACC Counselors Liz Gunter, Heather Jordan, and Carrie Ezell.

REGISTRATION:

Go to go.uab.edu/EACC-Calendar and select a date to register via Zoom. Participation limited to 10 people per session. Individuals are asked to register for only one group per month. *To request disability accommodations, email HRAWARE@uab.edu.*

UPCOMING SESSIONS:

- February 17 at 2 p.m.
- March 2 at 10 a.m.
- March 18 at 3 p.m.
- April 6 at 10 a.m.
- April 22 at 3 p.m.
- May 4 at 10 a.m.
- May 19 at 3 p.m.
- June 8 at 10 a.m.
- June 24 at 3 p.m.



EMPLOYEE ASSISTANCE
& COUNSELING CENTER

The University of Alabama at Birmingham