



Emotion Pie

AN EACC VIRTUAL ART GROUP

This art exercise, led by EACC counselor Carrie May, is a great check-in for your current emotional state. Take a deeper dive to understand your own emotions and feel more comfortable expressing them. *No art experience needed to participate.*

WHEN & WHERE:

Friday, April 14, 2-3 p.m., via Zoom

WHO:

Program is free and open to all UAB, UAB Medicine, VIVA Health, Homewood, Trussville and Tarrant City Schools and i3 Academy employees and members of their immediate households.

MATERIALS:

Please have paper and markers, colored pencils or paints ready prior to joining the session, or feel free to use computer software for art creation.

REGISTRATION:

Email carriemay@uabmc.edu for ZOOM link and password. Email HRAWARE@uab.edu to request disability accommodations.



EMPLOYEE ASSISTANCE
& COUNSELING CENTER

The University of Alabama at Birmingham