



Emotion Pie

AN EACC VIRTUAL ART GROUP

This activity is a great check-in for your current emotional state. In this session with EACC Counselor Carrie May, participants can take a deeper dive to understand their own emotions and feel more comfortable expressing them.

No art experience needed.

WHEN & WHERE:

Friday, April 26, 1-2 p.m., via Zoom

WHO:

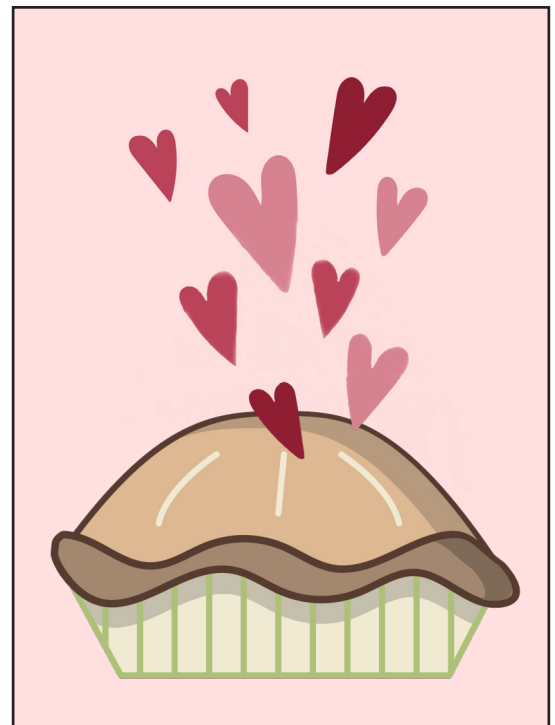
Program is free and open to all UAB, UAB Medicine, VIVA Health, Homewood and Tarrant City Schools, and i3 Academy employees, and members of their immediate households.

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