



COPING CONVERSATIONS

A NEW EACC VIRTUAL PROGRAM

Maintaining self-care practices and enhancing positive wellbeing during challenging times can be difficult to do. Please join EACC staff as they facilitate a weekly virtual discussion and provide tools for healthy coping with life stressors.

WHEN & WHERE:

Tuesdays, 4:15 to 5 p.m., via Zoom



- Zoom Meeting ID: 984-8970-3852
- Zoom Password: 901460

WHO:

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

REGISTRATION:

Go to go.uab.edu/EACC-Calendar and select a date to register. To request disability accommodations, email dss@uab.edu or call 205-934-4205.



EMPLOYEE ASSISTANCE
& COUNSELING CENTER

The University of Alabama at Birmingham