

October

2020

WellTalks: Tuesdays or Thursdays from 10:30-11:00 am

Employee Assistance Program: WellTalks

This is a place to come together as a Miami-Dade County team and support each other. We are a community that is going through a shared experience. This forum is a place to get away from the noise for a few minutes and just take some time to talk.

WebEx Meeting number: 476 785 244

Password: BUjs3ArmM38

Link :<https://miamidade.webex.com/miamidade/j.php?MTID=m2c5e360c57301f643d3e12e374b02eb7>

Join by phone

+1-415-655-0001 US TOLL

Access code: 476 785 244



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29 WellTalk: Stress and the Body Jessica/Javier	30	1	2	3
4	5	6	7	8 WellTalk: Where is the sunshine? Theresa/Jess	9	10
11	12	13 WellTalk: Self Care Tips Javier/Jess	14	15	16	17
18	19	20	21	22 WellTalk: Coping: Self Compassion Jessica/Yura	23	24
25	26	27 WellTalk: When to seek help Genna/Jess	28	29	30	31