

February

2023

WellTalks: Wednesdays from 10:30-11:00 am

Employee Assistance Program: WellTalks

This 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. Please see Teams links below to join:

Navigating Societal Trauma:

[Click here to join the meeting](#)

Impacts of Sleep of Emotional Wellness:

[Click here to join the meeting](#)



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|---------|---|----------|--------|----------|
| | | | 1 | 2 | 3 | 4 |
| 5 | 6 | 7 | 8 WellTalk: Navigating Societal Trauma Jess /Reggie | 9 | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 WellTalk: Impacts of Sleep on Mental Wellness Sara/Yura | 23 | 24 | 25 |
| 26 | 27 | 28 | | | | |