

Member Member

PEER SUPPORT

MEMBER TO MEMBER STRESS MANAGEMENT SESSIONS RETURN!

The COVID-19 pandemic continues to take a toll on healthcare workers, in particular nurses and other healthcare professionals working in hospitals. They are experiencing higher levels of stress, anxiety and even PTSD.

The Union Assistance Program will be offering Peer to Peer Support Sessions to NYSNA members. These sessions will be facilitated by professional clinicians with the goals of:

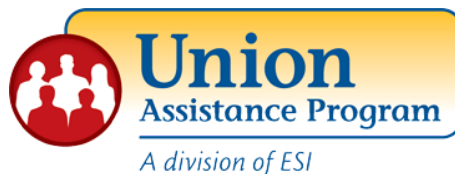
- Providing a safe space to share stories and struggles with peers in similar settings
- Providing comfort and a place to be validated for experiencing stress and anxiety
- Assisting in processing the trauma caused by the pandemic
- Building comradery and a community support system
- Offering strategies to handle stress and manage your mental well-being

We have set the dates of March 2, April 5, and May 4 at 7:00 PM.

- **Thursday, 3/3/2022 | 7:00pm - 8:00pm**
- **Tuesday, 4/5/2022 | 7:00pm - 8:00pm**
- **Wednesday, 5/4/2022 | 7:00pm - 8:00pm**

REGISTER ONLINE:

<https://bit.ly/Member2MemberSupport>



Or e-mail mcp@nysna.org or call the **Meeting and Convention Planning** Department at **518-782-9400, ext 277**. Include your name, facility, and the session(s) you would like to register for.

Join your NYSNA colleagues and begin healing together.

New York State
NURSES
ASSOCIATION