

Support groups available through LifeMatters (Empathia)

These sessions are at no additional cost for employees to share their challenges, ask questions and focus on strategies to enhance coping and build resilience during this COVID-19 pandemic.

Please note each session has a focus of discussion.

Creating Meaningful Holidays During COVID: Support Group

Tuesday, December 8, 1:00 – 2:00 PM PST

To Register: <https://attendee.gotowebinar.com/register/2660629434418150667>

This year is unprecedented and now this holiday season is unlike any other. There have been so many changes, cancellations, and losses to grieve in the midst of this pandemic - you might find yourself with a mixture of emotions. This session will include ways to manage those feelings and creative tips for celebrating holidays.

Work/Life Balance in an Unbalanced World During COVID: Support Group

Monday, December 14, 10:00 – 11:00 AM PST

To Register: <https://attendee.gotowebinar.com/register/4973066214863649035>

Never have the lines between work and life been more blurred. And it's never been more challenging to try to maintain social connections and physical and emotional well-being. This session highlights common stresses, reactions and successful coping strategies.

Parenting in a Pandemic: Support Group

Monday, December 14, 3:00 – 4:00 PM PST

To Register: <https://attendee.gotowebinar.com/register/1210684759172309771>

Challenges for parents abound in this COVID-19 world. Parents have been thrust into uncharted waters as they try to not only remain valued employees but help navigate their children's education and social and emotional well-being. This session will focus on helping parents more successfully navigate all that is before them.

LifeMatters by Empathia is a free, confidential service for Sac State employees offering 24/7 telephone assessment/counseling and access to resources via their website.

Please visit Sac State's Employee Assistance Program (EAP) website for more information on how to access these important benefits:

<https://www.csus.edu/administration-business-affairs/internal/your-hr/benefits/employee-assistance-program.html>