JOIN OUR VIRTUAL SAFE SPACE SESSIONS!

SCAN TO REGISTER

At the University of Tennessee System Administration, we care about each employee. We have partnered with the **Optum Employee Assistance Program** (EAP) provider to offer free **"Virtual Safe Space"** sessions to help employees manage personal and/or professional stressors.

These group sessions will be hosted by a trained facilitator who is licensed as a mental health clinician. The facilitator will initiate discussion for all attendees while providing resiliency strategies to assist in managing overall stress.

- **June 22, 2022**
- **July 27, 2022**
- **August 24, 2022**
- **September 28, 2022**
- **October 26, 2022**
- **November 16, 2022**
- **December 14, 2022**

All sessions begin at 1 p.m. and end at 2 p.m. ET.