

From: [Perlas, Char](#)
To: [AllMailboxes](#)
Subject: 9-14-22 All College Email - Part 2
Date: Wednesday, September 14, 2022 9:55:25 AM

Hi All,

As mentioned in yesterday's email, we have a personal counselor, Michael Stephans, who will be onsite tomorrow, Sept. 15, 2022 between 9a - 3p in SCI-102. If interested, you can sign up for a 45-minute session by clicking here: <https://calendly.com/stephansmichael787/45min>. If possible, please sign up by end of day.

Additionally, below are some resources provided by CVT. Michael will have an additional resource for those who attend a session. An EAP representative will also be on campus on Tuesday Sept. 27th. I will send details in next week's All College email.

After a Traumatic Event: How to Help Yourself <https://link.zixcentral.com/u/d9edfa47/9qzy60E07RGKd6eFBm1nPA?u=https%3A%2F%2Fwww.achievementsolutions.net%2Fachievementsolutions%2Fen%2Fcvt%2FContent.do%3FcontentId%3D7929>

Helping Yourself and Your Employees after Trauma <https://link.zixcentral.com/u/6fe66817/5ATz60E07RGKd6eFBm1nPA?u=https%3A%2F%2Fwww.achievementsolutions.net%2Fachievementsolutions%2Fen%2Fcvt%2FContent.do%3FcontentId%3D17349>

Help for Survivors in the Aftermath of Disasters and Mass Violence <https://link.zixcentral.com/u/55e4e7f8/8Fz60E07RGKd6eFBm1nPA?u=https%3A%2F%2Fwww.achievementsolutions.net%2Fachievementsolutions%2Fen%2Fcvt%2FContent.do%3FcontentId%3D51723>

Five Things You Should Know About Stress <https://link.zixcentral.com/u/5fd3772e/xrPz60E07RGKd6eFBm1nPA?u=https%3A%2F%2Fwww.achievementsolutions.net%2Fachievementsolutions%2Fen%2Fcvt%2FContent.do%3FcontentId%3D54321>

What Your EAP Can Do for You <https://link.zixcentral.com/u/8ee636b2/VAf060E07RGKd6eFBm1nPA?u=https%3A%2F%2Fwww.achievementsolutions.net%2Fachievementsolutions%2Fen%2Fcvt%2FContent.do%3FcontentId%3D6355>

Thanks everyone and take care.

Char

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