

# WELLNESS RESILIENCY AND COPING SYMPOSIUM

January 29, 2021  
0830 - 1600

PRESENTED ON ZOOM  
FOR UNA MEMBERS

more information  
[www.una.ca](http://www.una.ca)

The Covid 19 pandemic has thrown us all into incredibly strange, stressful and unusual times. Like everyone around us, our lives have been turned upside down; we're all trying to adapt to these constant, often quick and seemingly never ending changes. Needless to say, it's understandable that our stress levels are high and we're feeling burnt out.

With this knowledge in mind, we invite you to join us for a Wellness, Resiliency and Coping Symposium.

We have invited a series of speakers to help us navigate through these unprecedented times. They will present to us on methods to help overcome the hard conversations we are having with ourselves and our friends/families, will help teach us relaxation and stress relieving methods and how to cope with an ever changing workplace.



← REGISTER ONLINE

<https://dms.una.ca/events/event/una0333543151345160>

MEMBERS ARE ENCOURAGED TO REQUEST  
A PROFESSIONAL DEVELOPMENT DAY

