



## Pandemic Resource Alert

Carebridge Resource Alerts have been provided to assist you and your employees with staying resilient with ongoing challenges – particularly the COVID-19 pandemic. We are continuing to provide pandemic-related resources and support in 2021. Carebridge is providing the resources below to assist your employees in sustaining resiliency and perseverance in the months ahead.

### Upcoming Virtual Support Groups for Healthcare:

The learning resources listed below are intended to assist your employees as they continue to navigate emotionally through the COVID-19 pandemic and cope with significant social concerns unique to healthcare employees. Please ensure that these materials are distributed to your employees through appropriate communications networks.

#### Stress Check-Ins for Healthcare Workers

**Wednesday, August 18, 2021**

4:30-5pm EST

**Wednesday, August 25, 2021**

9-9:30am EST

**Tuesday, August 31, 2021**

6-6:30pm EST

**Wednesday, September 8, 2021**

8-8:30am EST

**Thursday, September 16, 2021**

5-5:30pm EST

**Monday, September 20, 2021**

12-12:30pm EST

**Wednesday, September 29, 2021**

3:30-4pm EST

## Grief and Loss Check-Ins for Healthcare Workers

**Friday, August 20, 2021**

7:30-8am EST

**Monday, August 23, 2021**

3:30-4pm EST

**Wednesday, September 1, 2021**

4-4:30pm EST

**Friday, September 10, 2021**

3-3:30pm EST

**Tuesday, September 14, 2021**

7:30-8am EST

**Wednesday, September 22, 2021**

6-6:30pm EST

**Tuesday, September 28, 2021**

9-9:30am EST

*For current pandemic information, including webinars, recordings, articles and a wealth of support literature, please go to the Carebridge website, [www.myliferesource.com](http://www.myliferesource.com), and click on the COVID-19 Resource Center.*

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Carebridge confidential services are available 24/7 and are free of cost to covered employees and their families. Call **800.437.0911** or email [clientservice@carebridge.com](mailto:clientservice@carebridge.com).

