

From: [Joyce DuPree](#)
To: [All Water Works Employees](#)
Subject: COVID-19 Webinar
Date: Tuesday, April 14, 2020 3:11:30 PM
Attachments: [Training Flyer BWWB.pdf](#)

Behavioral Health Systems, our EAP provider, will be conducting a webinar on Wednesday, April 22, 2020 at 1:00 p.m. The attached flyer lists the details on how to dial in to the webinar.

Link: <https://tinyurl.com/tleyboq>

Meeting ID: 997 3077 3075

Password: 35209

Dial In: 1-646-558-8656

Here are the objectives:

Discuss how to manage anxiety and stress during COVID-19

Identify ways to maintain your health and well being

Recognize the importance of managing your mental health conditions and how to get help if you need it

Examine practical techniques for working from home

Discuss tips for managers on working with remote employees, helping limit employee stress and how to focus on productivity

Review BWWB BHSD Benefits

Sources for this information came from the Center for Disease Control and World Health Organization.

Thanks,

Joyce

Joyce B. DuPree, EMBA, SHRM-SCP, SPHR
Assistant HR Manager
The Water Works Board of the City of Birmingham

Joyce.dupree@bwwb.org

205-244-4153 (phone)

205-244-4653 (fax)