When You’re Weathering A Storm – Knowledge Is Power

The UFT Member Assistance Program will be offering free informational support groups for everyday challenges that affect you and your families.

YOU ARE NOT ALONE. Your union is here to help you build healthier lives through education, support and advocacy. In our Weathering the Storm series, local experts will provide relevant education on specific topics and a trained mental health professional will be available to guide the group’s conversation.

All groups are held in a safe and confidential UFT space.

Register online at: www.uft.org/weathering-the-storm

UPCOMING DATES AND TOPICS

OCTOBER 17
DOMESTIC VIOLENCE
UFT Staten Island Borough Office
4456 Amboy Road, Staten Island, NY 10312
In this session participants will be able to identify signs of domestic violence and be given the tools and resources necessary to help themselves and others.
• About 1 in 4 women and nearly 1 in 10 men have experienced a form of intimate partner violence during their lifetime. (CDC)
• 1 in 15 children are exposed to intimate partner violence each year, and 90% of these children are eyewitnesses to this violence. (National Survey of Children’s Exposure to Violence)

OCTOBER 17
GRIEF & LOSS
UFT Brooklyn Borough Office
335 Adams St, 25th Floor, Brooklyn, NY 11201
Expect the Unexpected: How to provide support to yourself and others following the loss of a special person.
• In the US, 8 million people suffered through the death of someone in their immediate family last year. (National Mental Health Association)

OCTOBER 23
PROBLEM GAMBLING
UFT Queens Borough Office –
118-35 Queens Blvd, 7th/8th Floor, Forest Hills, NY 11375
Understand problem gambling and how to support a friend or family member through their addiction.
• Around 6 million adults and half a million teens meet the criteria for problem gambling. (National Council on Problem Gambling)

Sessions run 4:30 pm – 6:00pm. All members are welcome.