

**Subject:** [Test]:Supporting You Through the Holiday Season

**Date:** Tuesday, December 22, 2020 at 8:55:57 AM Eastern Standard Time

**From:** UVA FEAP

**To:** Fuller, Susannah E (sem5b)



## Faculty & Employee ASSISTANCE PROGRAM

As we head into what will undoubtedly be an unusual holiday season, we pause to consider the increased feelings of stress, loneliness, grief, and loss many of us may be experiencing. FEAP is here to support. We invite you to [explore our offerings](#) or [schedule a 1:1 appointment](#).

Yours in wellness,  
Beth Danehy, Director, FEAP

EXPLORE FEAP

### TIP OF THE MONTH

#### Handling Grief and Loss Over the Holiday Season

FEAP offers recommendations to help you cope if you are experiencing this yourself, or to help someone else who may be suffering.

READ MORE

### EVENTS

#### Recovery Ally Training

Join this Hoos Well reward-eligible live event to learn more about becoming a Recovery Ally - an individual who supports those in recovery, advocates for recovering individuals, and educates themselves about the disease of addiction, societal stigma, and resources available.

[November 18](#)

#### 21 Ways in 21 Days to Rest and Restore

The 21 Ways in 21 Days program has been extended through December 31. In this season when we are accustomed to giving to one another, we invite you to treat yourself kindly as well. Register for access to the interactive calendar of

restorative resources.  
[Register to access the calendar](#)

### **Connect for Support - Employee Focus**

30 minute drop-in sessions discussing coping strategies and possible resources to help you during challenging times.

[Sessions occur weekly on Tuesdays](#)

### **Connect for Support - Manager Focus**

30 minute drop-in sessions where you can check in with peers who share a similar experience and learn about new resources available to support you as you in turn support your team.

[Sessions occur weekly on Thursdays](#)

[VIEW ALL EVENTS](#)

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## **COMMUNITY RESOURCE SERVICE**

If you or your family are having a hard time meeting basic needs, the Employee Community Resource Service is here to help. This service connects members of the UVA community with local organizations who can assist with needs such as housing, clothing, utilities, and food, as well as assistance with personal budgeting and finance strategies.

[LEARN MORE ABOUT THIS SERVICE](#)

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## **VIRTUAL SUPPORT RESOURCES**

We have refreshed our virtual resources in support of social justice and COVID-19. You will find new articles, books, videos, and organizations to educate and inform yourself, and take action for your community or for your own self-care.

[COVID-19 RESOURCES](#)

[SOCIAL JUSTICE RESOURCES](#)

**UVA Faculty & Employee Assistance Program**

## Contact Us

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