

---

**EMPACT-SPC, A RESILIENT  
ARIZONA PROVIDER, PRESENTS**

# TIPS TO HANDLE PANDEMIC STRESS

**FREE Online Workshop | January 2021**



Friday, January 22  
12PM-1PM

Learn how stress is affecting you, tips to manage and reduce your stress, and additional resources available to help.

**CLICK TO  
REGISTER**



**Got Questions? Need Assistance Registering?**

Contact Krylyn Peters at 480-694-4436 or [Krylyn.Peters@lafrontera-empact.org](mailto:Krylyn.Peters@lafrontera-empact.org).

This publication was made possible by Grant number FEMA-4524-DR-AZ. The views expressed in these materials do not necessarily reflect the official policies or contractual requirements of the Arizona Health Care Cost Containment System (AHCCCS), Department of Health and Human Services, and Department of Homeland Security; nor does mention of trade names, commercial practices, or organizations imply endorsement by the U.S. Government.