



# Federal Workforce Resiliency

The San Francisco Bay Area Federal Executive Board is partnering with Federal Occupational Health to address resiliency during times of uncertainty. All Federal staff are invited. The workshops are free but **RSVP is Required**.

**NEED 15 RSVPs for each venue by FRIDAY November 18<sup>th</sup>!**  
**We will confirm workshops via Eventbrite, see below for url.**

## Road to Resiliency

**November 22<sup>nd</sup> 12:30 PM**

450 Golden Gate Ave., 2<sup>nd</sup> Floor, AZ Room, SF

**November 22<sup>nd</sup> 2 PM**

90 7th St. B020, SF

Or call 877-936-3556, Code: 335881#

**PLEASE REGISTER EVEN IF YOU CALL IN**

**November 23<sup>rd</sup> 12 PM**

1301 Clay St., North Tower, 2<sup>nd</sup> Floor

Rooms B&C, Oakland

**RSVP REQUIRED: [https://sffeb\\_eap\\_resiliency.eventbrite.com](https://sffeb_eap_resiliency.eventbrite.com)**

In this climate of uncertainty, we are often encouraged to —be resilient. We'll look at what contributes to adapting and bouncing back when adversity affects us. We'll discuss the consequences of living with uncertainty, a framework for accepting change, and strategies to help us weather the ups and downs at work and in life.

For More Info:

Sara Russell, SFFEB, 415-625-7723, [russell.sara.l@dol.gov](mailto:russell.sara.l@dol.gov)

Douglas P. Cyr, LMFT, Field Consultant, (415) 436-7448, [Douglas.Cyr@foh.hhs.gov](mailto:Douglas.Cyr@foh.hhs.gov)