



Support for Processing January 6 Anniversary

Sending Office: Chief Administrative Officer of the House

Sent By: caocommunications@mail.house.gov

Notice to All House Staff:

With the first anniversary of the January 6 attack on the Capitol approaching, please know that the **Office of Employee Assistance** and **House Center for Well-Being** are here to support your well-being needs with a variety of services and offerings listed below.

New Webinars

"Who We Are & How We Help: Orientation to OEA and Well-Being Support Services and Open Discussion"

Supervisory Staff:

- Wednesday, January 5, at 3:00 p.m. ET | [Register Now](#)

Non-Supervisory Staff:

- Thursday, January 6, at 11:00 a.m. ET | [Register Now](#)
- Friday, January 7, at 3:00 p.m. ET | [Register Now](#)

Expanded Availability of OEA Appointments

House staff can speak with an OEA Counselor in-person, by phone, or via secure video conferencing options during the week of January 3. Call 202-225-2400 to schedule an appointment.

OEA In-Office Drop-In Hours

Counselors are also available for unscheduled drop-ins on:

- Thursday, January 6, from 7:00 a.m. to 7:00 p.m. ET, in the Capitol H139
- Thursday, January 6, from 11:00 a.m. to 3:00 p.m. ET, in Longworth B222
- Thursday, January 6, from 9:00 a.m. to 5:00 p.m. ET, in Ford 140
- Thursday, January 6, from 1:00 p.m. to 5:00 p.m. ET, virtual one-on-one sessions in **two secure OEA Webex rooms**:
 - [OEA Webex Room 1](#)
 - [OEA Webex Room 2](#)

Additional Support for U.S. Capitol Police

Additional drop-in services are available for U.S. Capitol Police personnel **now through Thursday, January 13**. OEA Counselors will be available for drop-ins from 10 a.m. to 10 p.m. daily - including weekends - in Fairchild 502, the

Howard C. Leibengood Center for Wellness. Additionally, **from Monday, January 3, through Sunday, January 9**, onsite counseling services will be available **24 hours each day** in Fairchild 502, the Howard C. Leibengood Center for Wellness, and at USCP Headquarters.

New Programs

Resilient Leadership Program | Starting January 10 | [Register Now](#)

This in-person, D.C.-based program instructs staff on how to use Transcendental Meditation to help reduce stress and anxiety, build resilience, and improve sleep. **Introductory webinars begin** on January 5, at 1:00 p.m. ET, and on January 12 at 3:00 p.m. ET.

ABCs of Resilience | Starting January 18 | [Register Now](#)

This virtual, contemplative-based resilience program teaches mind-body skills to reduce stress and the impacts of trauma. Sessions includes facilitator-led support group discussions. **Introductory webinars begin** on Tuesday, January 4, at 1:00 p.m. ET and Tuesday, January 11, at 3:00 p.m. ET.

SKY Breath Meditation | Starting January 18 | [Register Now](#)

This online program teaches specific breathing techniques and exercises that can help bring the mind and body into effortless meditation, immediately resulting in numerous well-being benefits. **Introductory webinars begin** on Friday, January 7, at 1:00 p.m. ET, and on Thursday, January 13, at 3:00 p.m. ET.

Calm App | [Sign Up Now](#)

House staff also have free access to this popular app for guided meditations, sleep stories, and other resources to improve mental health and emotional well-being.

For more information about the services and offerings, please visit the [OEA page on HouseNet](#) or the [Center for Well-Being website](#).

Sincerely,

Catherine L. Szpindor
Chief Administrative Officer



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