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 <u>OEA page on HouseNet</u> or the <u>Center for</u> <u>Well-Being website</u>.

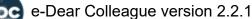
Sincerely,

Catherine L. Szpindor

Chief Administrative Officer



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