



## HOSPITAL EMPLOYEES' UNION

**PROVINCIAL OFFICE:**

5000 North Fraser Way, Burnaby, BC V5J 5M3 • TEL: 604-438-5000 • FAX: 604-739-1510 • WEB: [www.heu.org](http://www.heu.org)

February 11, 2021

Secretary-Treasurers

Dear Sisters, Brothers and Friends:

**Re: Staying Steady through COVID (online workshop) 2021**

Since March, 2020, HEU members have worked tirelessly dealing with the potential exposure to COVID-19 in their workplaces, families and communities. Without question HEU members are experiencing high levels of stress and tension and are on heightened alert. Employers have the primary responsibility to implement appropriate health and safety measures to protect you from COVID at the workplace but COVID worries still persist for you both at home and at work.

HEU has scheduled a **NEW** online workshop to teach you techniques on how to reduce the physical impact of stress on your body.

During this workshop, you will:

- Be able to explain the body's instinctive responses to stress
- Learn to identify earlier cues of stress
- Practice simple techniques to relieve tension as it arises (other than breathing)
- Have the chance to connect and learn with HEU members

The workshop schedule is as follows:

| <b><u>GROUPS</u></b> | <b><u>WORKSHOP DATES</u></b> | <b><u>REGISTRATION DEADLINES</u></b> |
|----------------------|------------------------------|--------------------------------------|
| <b>Workshop 1</b>    | April 29, 2021               | March 18, 2021                       |
| <b>Workshop 2</b>    | May 5, 2021                  | March 24, 2021                       |
| <b>Workshop 3</b>    | May 18, 2021                 | April 6, 2021                        |
| <b>Workshop 4</b>    | May 26, 2021                 | April 14, 2021                       |
| <b>Workshop 5</b>    | June 10, 2021                | April 29, 2021                       |
| <b>Workshop 6</b>    | June 17, 2021                | May 6, 2021                          |

The workshops are open to all HEU members.

Page 1 of 2

Enclosed you will find an application form. Completed applications should be addressed to the attention of **Kim Turton** and submitted by **email to [kturton@heu.org](mailto:kturton@heu.org)** or **fax: 604-739-1510** by the deadlines outlined above. Alternatively, an online form is available on our website at [www.heu.org](http://www.heu.org).

We will contact successful applicants by email to confirm further details. Once applicants have been notified, they will be required to apply for leave of absence for union business.

If you should have any questions regarding this workshop please contact **Kim Turton** by **phone: 604-456-7068** or email [kturton@heu.org](mailto:kturton@heu.org).

In solidarity,

A handwritten signature in black ink, appearing to read "Mike Old". The signature is fluid and cursive, with the first name "Mike" being larger and more prominent than the last name "Old".

Mike Old  
Secretary-Business Manager (Interim)

Attachment

cc: Chairpersons  
Provincial Executive  
Reps and Directors