

Building your emotional toolbox during COVID-19

A webinar for staff to build resilience, manage stress, and learn resources for coping during the pandemic

Hosted by: UCSF Staff Assembly, Administrative Management Professionals, Diversity & Inclusion Certificate Program Alumni, 4CI Staff Subcommittee



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12:00 – 1:00 PM

<https://www.eventbrite.com/e/building-your-emotional-toolbox-during-covid-19-tickets-125090397747>

