For over 70 years, the month of May has been dedicated to raising mental health awareness. During what is widely celebrated as Mental Health Awareness Month, organizations such as ours take time to spread knowledge and fight stigmas surrounding mental health and well-being. Nearly 1 in 5 adults of every age, race and gender suffer with a mental health disorder each year in the US – that's 44.7 million working Americans according to the Centers for Disease Control. Know that you are not alone if you or a loved one are struggling and need support.

In recognition of this year’s Mental Health Awareness month, the Human Resources Department, Benefits and Employee Support Services Division is planning a Build Emotional Wellness and Thrive Day for our County family. Please join us to recharge and de-stress on Monday, May 9th, 2022 on the 18th Floor of the Stephen P. Clark Center from 10:00 am – 2:00 pm. Employees can take the opportunity to stop by the Emotional Wellness table to pick up some tips or learn more about the support available at the County. Explore how we thrive as County employees at the IThrive table or learn more about the mind/body connection with WellnessWorks and more. Please see some of additional highlights of the event:

- Yoga and Tai Chi classes
- Mindful Meditation Zen Zone
- Aromatherapy
- Massage
- Virtual Expert Panel Discussion
- Community Partners

Support for our Employee Support Services program and employee mental wellness is very important to our organization. I ask for your flexibility to afford staff time to attend and participate in the event, while not disrupting essential functions. Refer to the flyer attached for more event details.

For more information, please contact Human Resources Department Director Arleene Cuellar at Arleene.Cuellar@miamidade.gov.

Attachment

c: Honorable Chairman Jose “Pepe” Diaz
   and Members, Board of County Commissioners
   Honorable Harvey Ruvin, Clerk, Circuit and County Courts
   Honorable Pedro J. Garcia, Property Appraiser
   Lazaro Solis, Deputy Property Appraiser
   Geri Bonzon-Keenan, County Attorney
   Gerald K. Sanchez, First Assistant County Attorney
Jess M. McCarty, Executive Assistant County Attorney
Office of the Mayor Senior Staff
Felix Jimenez, Inspector General
Jose J. Arrojo, Executive Director, Commission on Ethics and Public Trust
Javier A. Betancourt, Executive Director, Citizens’ Independent Transportation Trust
William Diggs, Executive Director, Miami-Dade Economic Advocacy Trust
Aileen Bouclé, Executive Director, Transportation Planning Organization
Basia Pruna, Director, Clerk of the Board
Jennifer Moon, Chief, Office of Policy and Budgetary Affairs
Yinka Majekodunmi, Commission Auditor
Departmental Personnel Representatives
BUILD EMOTIONAL WELLNESS AND THRIVE

CELEBRATE MENTAL HEALTH AWARENESS MONTH!

PLEASE JOIN US TO RECHARGE AND DESTRESS

MONDAY, MAY 9, 2022
STEPHEN P. CLARK CENTER
18TH FLOOR
10 AM – 2 PM

Stop by the Emotional Wellness table and pick up some tips or explore support available to you and your family, learn how we thrive here at the county at the IThrive table, or explore the mind/body connection with WellnessWorks.

Here’s what we have planned:
YOGA AND TAI CHI
MINDFUL MEDITATION
AROMATHERAPY
MASSAGE
VIRTUAL EXPERT PANEL DISCUSSION
COMMUNITY PARTNERS
and more...

For more information click or visit https://miamidade.gov/support-services

Presented by the Human Resources Department, Benefits and Employee Support Services Division