



Pipe UA LOCAL 393
Trades

TRAINING CENTER

To Sign Up Call (408) 453-6330

or email hello@pttc.edu

Monthly Mental Health & Wellness workshops and seminars are free for members and their dependents!



MENTAL HEALTH & WELLNESS

MONTHLY SERIES

NEW DATES!

May 23, 2023 - Coping with Anxiety (Parenting Course)

July 19, 2023 - How to Recognize Triggers and Manage Anger (Parenting Course)

September 4, 2023 - Suicide Prevention Training

November 14, 2023 - Addiction/Substance Misuse

POSITIVE MENTAL HEALTH ALLOWS PEOPLE TO:



WORK PRODUCTIVELY



REALIZE THEIR FULL POTENTIAL



MAKE MEANINGFUL CONTRIBUTIONS TO THEIR COMMUNITY



COPE WITH THE STRESSES OF LIFE