



Pipe UA LOCAL 393
Trades
TRAINING CENTER

MENTAL HEALTH & WELLNESS

Upcoming Events

- 11.14.24** Yoga with Wellness Tools for the Trades
- 11.19.24** Internal PPE & Holiday Survival Tactics Workshop with Care for Construction
- 11.20.24** Internal PPE & Holiday Survival Tactics 2.0 Workshop with Focus on Peer Support with Care for Construction
- 12.10.24** 393 Peer Supporter Meeting



To Sign Up Call (408) 453-6330 or email hello@pttc.edu

As always, all of our Mental Health & Wellness events are free for 393 members, their spouse/partner and adult children. All events are in person at the Training Center, and are 1-hour from 4:00 PM - 5:00 PM, unless noted otherwise.

Did you know??



POSITIVE MENTAL HEALTH ALLOWS PEOPLE TO:



WORK PRODUCTIVELY



REALIZE THEIR FULL POTENTIAL



MAKE MEANINGFUL CONTRIBUTIONS TO THEIR COMMUNITY



COPE WITH THE STRESSES OF LIFE

STRONGER TOGETHER



UA LOCAL 393