



Pipe Trades
UA LOCAL 393
TRAINING CENTER

MENTAL HEALTH & WELLNESS

Upcoming Events

- 02.18.25 - 393 Peer Support Meeting
- 02.20.25 - Yoga with Wellness Tools for the Trades
- 03.17.25 - Self Care Workshop with Wellness Tools for the Trades
- 04.10.25 - Yoga with Wellness Tools for the Trades
- 04.23.25 - 393 Peer Support Meeting
- 05.20.25 - Workshop Topic TBD with Wellness Tools for the Trades
- 05.TBD.25 - Arthritis Physical Therapy Workshop
- 05.TBD.25 - Wellness & Recovery with Beat It EAP
- 06.17.25 - 393 Peer Support Meeting
- 08.20.25 - 393 Peer Support Meeting
- 09.09.25 - VitalCog Suicide Prevention in Construction
- 10.21.25 - 393 Peer Support Meeting
- 11.17.25 - Alcohol / Substance Misuse with Beat It EAP
- 12.17.25 - 393 Peer Support 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.

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