

# Employee Sanctuary Hours



## A Space to Share Your Heart

Is 2020 getting you down? Are you looking for an outlet, a space to share your heart, your feelings and all those thoughts racing around in your head?

**Join us for our Employee Sanctuary Hours, a new forum that offers a safe place to exhale.**

Mental-health clinicians will facilitate these after-work group sessions.

Employee Sanctuary Hours are offered by Cincinnati Public Schools, in partnership with MindPeace.



PREPARING STUDENTS  
**FOR LIFE**

Through Academic Achievement  
Personal Well-Being  
Career Readiness

### Employee Sanctuary Hours

Participants are encouraged to attend one session. Choose a date and time that works best for you. It is not required to attend all sessions.

**WHEN:** October 20, 21, 27, 28  
November 10 - designated for teachers  
Time: 7 p.m. – 8 p.m.

**WHERE:** Virtual Secure Invitation from MindPeace

**R.S.V.P.:** Elana Carnevale, at MindPeace  
[carnevalee@mindpeacecincinnati.com](mailto:carnevalee@mindpeacecincinnati.com)

Limited space, so please reserve early.