

# ***The Impact of Race and Culture on Stress***

***Arlington EAP is committed to supporting employees who are emotionally impacted by social justice/racial equity concerns.***

Being part of the solution includes providing a safe space for information and communication. The AEAP is hosting a training/facilitated conversation for employees on the impact of race and culture on stress. The objectives are:

- ▶ **Define culture**
- ▶ **Understand the link between culture and stress**
- ▶ **Understand historical trauma and the link to culture**
- ▶ **Discuss the impact of current events**



**Date:** Thursday, September 3

**Time:** 12:00 PM– 1:00 PM

**Format:** Teams

**RSVP:** Email [lcooper-lucas@arlingtonva.us](mailto:lcooper-lucas@arlingtonva.us) or [katherine.young@apsva.us](mailto:katherine.young@apsva.us) for Teams Invite

Space is limited!

