

## HR UPDATE – WEEK OF APRIL 19, 2021

### CCA – HIGHLIGHTED RESOURCES

Meet the HR Benefits Team and find out more about upcoming monthly Wellness webinars. Go to this link for the video and flyers: <https://www.york.cuny.edu/administrative/human-resources>

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As the trial of Derek Chauvin, the former police officer accused in the death of George Floyd, continues, people may experience a range of emotions and reactions, depending on the outcome. This can be a challenging time and we wanted to provide you with the resources you may need to manage the emotions that might surface. We've attached materials as well as several links below from our EAP partner, CCA:

- [Rewire—"How to Manage Complicated Feelings During the Chauvin Trial"](#)
- [CNN—"Ask a Black Therapist: 5 Tips to Support Black Mental Health During the Derek Chauvin Trial"](#)
- [ABC News—"Mental Health Experts Warn Derek Chauvin Trial May Revive Feelings of Racial Trauma"](#)
- [Children's Minnesota—"Tips for Parents During the Trial of Derek Chauvin for the Death of George Floyd"](#)
- [A PDF containing resources on self-care and coping with racial stress, as well as information on the trial in Minneapolis](#)

For additional content on managing sensitive conversations about race, talking with children about racism, recovering from racial trauma, and how to support greater equity in society, please visit the **Racial Equity** and **Trial Progress** features within the **News For You** section on [www.myccaonline.com](http://www.myccaonline.com) (Company Code: **CUNY**). Remember that CCA@YourService can also be reached confidentially at **800-833-8707**. Counsellors are standing by 24/7 to help you and your family members.

We hope that you will take advantage of these timely resources and that you find them helpful.

Best regards from the HR Team.

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