



WASP Meeting Agenda
Wednesday, April 19, 2023
10:00 AM – 12:00 PM

Locations:
CSAM Westman Office; 950-10th Street and
Virtually Online with Zoom

10:00-10:15

1. Introductions

10:15-11:15

2. Join the Conversation

Mental Health

Mental Health Month is coming in May.

Mental health is a state of an individual's psychological and emotional well-being. No two people are the same—and so there are no one-size-fits-all solutions to people's mental health concerns.

Join the conversation hosted by Sean Scott, Executive Director of CSAM and learn more about mental health, psychological risk factors, while providing you with information, tools, strategies and resources to help focus on your own well-being, and leading by example, so as we can promote ongoing discussions that will benefit your workplace right now, and in the years to come.

11:15-12:00

3. Round Table

4. Adjournment