

# HR NEWS & UPDATES

Stay up-to-date with the latest FIU COVID-19 Updates at [www.fiu.edu/coronavirus](http://www.fiu.edu/coronavirus).

## HEALTH AND WELL-BEING



May is Mental Health Awareness Month. This month, the Office of Employee Assistance (OEA) has created workshops to help you avoid [emotional contagion](#).

- **Cultivating Emotional Balance In An Unbalanced Time - Part I**
  - Tuesday, May 19
  - Monday, May 25
  - Tuesday, May 26
- **Cultivating Emotional Balance In An Unbalanced Time - Part II**
  - Thursday, May 21
  - Friday, May 22
  - Thursday, June 4
  - Friday, June 5

**Mindfulness Meditation Sessions** - Take time out of your day to refresh and recharge through meditation exercises and workshops.

- **Mindfulness in Togetherness Meditation**
  - Wednesday, May 20
  - Wednesday, May 27

All sessions are from 12 - 1pm. Register for these sessions today at [professionaldevelopment.fiu.edu](http://professionaldevelopment.fiu.edu)

Questions? Contact the [Office of Employee Assistance](#) at 305-348-2469.

## SEASONAL PERKS & SPECIAL PROMOTIONS



Take advantage of these spring savings! Check out [new discounts and promotions](#) that include:

- FSA Store
- Firehouse Subs
- Texas Roadhouse

Questions? Contact [Benefits Administration](#) at 305-348-2181.

## BENEFITS UPDATES & REMINDERS



Stay up-to-date with [important benefits updates](#):

- Division of State Group Insurance Update: Telehealth Access/TELADOC

### Families First Coronavirus Response Act (FFCRA)

The Families First Coronavirus Response Act (FFCRA) is now in effect until Thursday, December 31, 2020.

You may qualify for emergency sick time under the FFCRA if you are unable to work or telework due to a number of scenarios related to COVID-19.

[Learn more](#) information and how you can apply for this program today.

Questions? Contact [Benefits Administration](#) at 305-348-2181.

## NEXT IS NOW SPOTLIGHT



Looking for professional development opportunities? Discover selected LinkedIn Learning Professional Development courses with the [Next is Now Professional Development Spotlight](#).

Don't forget to [visit our website](#) for additional Next is Now recommended courses.

Questions? Contact [Talent Acquisition and Management](#) at 305-348-3206.

## COMPLIANCE MATTERS



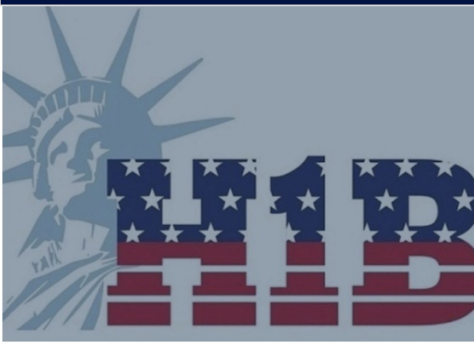
Brush up on compliance matters and stay up-to-date with FIU's policies and procedures. Make sure to review the policy below:

- [Nepotism](#)

In addition, please take a moment to complete the [Records Management Compliance Training](#) as part of your ongoing professional development.

**Questions? Contact the [University Compliance Office](#) at 305-348-2216.**

## H1B VISA SPONSORSHIP WORKSHOP



The Provost Office-Planning and Finance will host FIU H1B visa sponsorship workshop on Thursday, May 28, 2020.

If you are interested in receiving more information on H1B visa and how we sponsor, [register today](#) for the H1B visa workshop under "Academic Affairs."

**Questions? Contact Provost Office-Planning and Finance at 305-348-6727.**

## DID YOU KNOW? STAY CONNECTED FROM HOME



Take advantage of these free engaging programs and presentations:

- [The Center for Leadership](#) - Join The Center for Leadership for their virtual engagement leadership and development series. Register today for their Wednesday, May 27 session, [Leading Well: Lemmas, Insights and Practices](#).
- [FIU Counseling Center](#) - The FIU Counseling Center is offering a free workshop called Managing Social Isolation and Anxiety in Crisis. [Request a workshop session today](#).
- [FIU School of Music](#) - Join FIU School of Music for the Wertheim@Home Concerts. Tune in every Saturday night at 8pm for weekly YouTube premieres.
- [Parent Club](#) - Join the [FIU Center for Children and Families](#) for the free Parent Club! These webinars are designed for parents and caregivers to receive tips and resources on balancing work, parenting and homeschooling.
- [305CafecitoChat](#) - Join the Office of Engagement every weekday at 3:05pm - you don't want to miss it!

Stay tuned for more resources coming your way soon!

To provide feedback on this newsletter, please email [hadmin@fiu.edu](mailto:hadmin@fiu.edu).