



BE SERENE

Be Serene is our peer-led employee appreciation, wellness and advocacy program at PARS. Our goal is to support the emotional and mental wellbeing of employees dealing with work related and potentially traumatic stressors. We support each other through a variety of initiatives and programs suggested, planned and implemented by our peers.

At least one team member from every PARS agency is encouraged to participate on the *Be Serene* Team: a voluntary committee, which meets approximately once a month, to lead the program. Meetings are held at mutually agreed-upon times (majority to be off-work hours as much as possible), via Microsoft Teams, in order for equal representation and participation across agencies and roles.

Our *Be Serene* initiatives and services are expanded and evaluated through ideas and suggestions from all PARS' employees, in order to support PARS employees and encourage self-care and team wellness.

Ways to get involved:

- 1) Sign up to serve on the *Be Serene* Team! Let a *Be Serene* representative know (or email us, via email address below) you are interested and we will add you to the *Be Serene* Microsoft Teams thread where you will have access to all pertinent information.
- 2) Make your personal commitment to *Be Serene*; proudly wear your own lapel pin and encourage others to do the same.
- 3) Consider making a donation to *Serene Relief*. These donations will be used for employees who are in need or crisis:
 - a. Financial – see Aaron Shipe for information on cash or e-payments
 - b. Donate a portion of your personal PARS accrued sick time hours (contact HR for details)

BeSerene@parsohio.org



PARS
PICKAWAY AREA RECOVERY SERVICES