The City of Spokane

Weekly News Update for Sept. 6

Stay up-to-date on City of Spokane and employee news with our weekly Employee Update.

Kids Junior Fire Academy This Sunday

Grab your kids and join us at the Spokane Fire Department's 4th annual Kids Junior Fire Academy. This free, family event will be held at River Park Square and on Wall Street on **Sunday, Sept. 11, 12 - 2 p.m.** For more information <u>click here</u>.



Spokane River Clean-Up

Do you love the Spokane River? Then, join over 600 folks from across the region for the 19th annual Spokane River Clean-Up on Saturday, Sept. 17! Sign up here.

City Hall Construction

Employees who work at City Hall may hear some construction noise as there is minor construction in the Lower Level. If you have any questions, please contact <u>Kelly Long</u>.

More Information to Assist You

Here are some more resources from our Employee Assistance Program:

Depression: Types and Symptoms

Do you feel sad, empty and hopeless most of the day, nearly every day? Have you lost interest or pleasure in your hobbies or being with friends and family? Are you having trouble sleeping, eating and functioning? If you have felt this way for at least two weeks, you may have depression, a serious but treatable mood disorder.

Employee Information Portal (covid19.spokanecity.org/)

Remember, this Employee Information Portal is a great resource for employees to stay current on what's happening with the COVID-19 response. The Employee Information Portal can be accessed from work or home, using a computer or mobile device. All of the emailed information we have sent to employees is archived here.