

The City of Spokane

Weekly News Update for July 12

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

Transitions' New Leaf Café Special Offer for City Employees

Come check out Transitions' New Leaf Café at the newly renovated Central Library for a coffee, snack, or even lunch! They are offering \$1 off any drink through July 29 for Library and City employees.

New Leaf Kitchen & Café is a trauma-informed, free culinary job training program, designed to help low-income individuals with barriers to traditional employment gain the professional skills and confidence necessary for economic self-sufficiency.



Transitions new leaf
KITCHEN • CAFE

Please join us in our NEW location! We are opening our New Leaf Café in the Central Library. Please stop by and say hi!

Mention this promo for \$1 off any drink!

New Leaf Café @ Central Library
Full Coffee Bar · Breakfast · Lunch
Mon-Fri 8am-3pm 509-328-6702

Transitions

EduCare | Home Yard Cottages | Miryam's House
New Leaf Kitchen & Café | Transitional Living Center | Women's Hearth
Working to end poverty and homelessness for women and children in Spokane.
www.help4women.org

More Information to Assist You

Here are some more resources from our Employee Assistance Program:

- [I'm So Stressed Out!](#)
Feeling overwhelmed? [Read this article](#) to learn whether it's stress or anxiety and what you can do to cope.
- [Quick Stress Relief: Using Your Senses to Relieve Stress on the Spot](#)
Everybody has the power to reduce the impact of stress as it's happening and stay in control when the pressure builds. Like any skill, learning how to squash stress in the moment takes time, experimentation, and practice, but the payoff is huge. When you know how to quickly relieve stress, you'll be able to stay smart, productive, and focused—no matter what life throws at you.

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.