The City of Spokane Weekly News Update for March 14

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

CASE 2.0 has arrived: The fabulous City Art Show & Exhibition

The CASE 2.0 (City Art Show and Exhibition) will take place at the Pavilion Art Space, which is an indoor display and viewable to the public. The exhibition will have a kick-off event, after which the artwork will be displayed from April 7 - 30.

Please complete the <u>submission</u> form no later than **Sunday**, **March 26**, to give a sense of the artwork you'd like to display. Artwork can be something you've already created or something you develop specifically for the exhibition itself.

If you have any questions, please reach out to <u>Jon Klapp</u> or <u>Morgan Vanderkamp</u>.



Save the Date for the Employee Awards



Save the Date! 2022 City of Spokane Employee Awards

Wednesday, April 12, 2023 The Pavilion at Riverfront Park 4pm – 5:30pm with reception to follow



Juline Storduard.

More Information to Assist You

Here are some more resources from our Employee Assistance Program:

Coping with Change

The key to coping with change is to recognize it, understand its effects, and bring it—or your responses to it—under control as much as possible. When you can't control the change itself, adjusting your attitude toward it can help lessen any stress or tension. You'll stay healthier that way.

Setting Rules with Teens

As a parent, you want to set rules to keep your teenagers safe and healthy and to teach them to get along in the world. While it may be tempting to keep your teen in line by setting strict rules and harsh consequences, your teen is likely to respond by becoming angry and more defiant. <u>Click here</u> for some tips!

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 <u>Employee Information Portal</u> 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.