

# Stories from the Streets

Guided by a licensed mental health professional,\* HR-Wellness is providing CTA employees with the opportunity to address concerns with their peers experiencing similar issues in an open forum.

**Wednesday, June 17**  
**Chicago Ave. Garage**  
**11AM-12:30PM**

**Thursday, June 18**  
**Kedzie Garage**  
**11AM-12:30PM**

## *Fatigue, Sleep, and Staying Alert*

- Sleep Disruption
- Rotating Shifts
- Long Commute & Shifts
- Exhaustion From Multiple Responsibilities

*\*Sessions are non-therapeutic*



[wellness@transitchicago.com](mailto:wellness@transitchicago.com)

