

June Upcoming Events

Truth

Nathalie, DEP



June 16 – 18

Art is Life

Come experience the creativity of your colleagues in downtown Manhattan featuring visual arts, performances/media, and literary works around this year's Art is Life 2026 theme "(Human)kind: Human Connection and Spirit in the Age of AI".

For more details, please visit <https://on.nyc.gov/artislife>.



June 24 @ 12 PM

Beyond the Plate: Navigating Food Allergies

Join us for a conversation with an allergist and community manager about food allergies, new treatment options, how to recognize anaphylaxis, and what to do in an emergency. Learn practical tips to help you manage food allergies or support others living with them.

Register at on.nyc.gov/upcomingevents



nyc.gov/workwellnyc



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June 30 & July 7 @ 12 PM

Emotional Regulation 101: Two-Part Series

Join our two-part, skill-based workshop designed to help you regulate emotions, reduce impulsive behaviors, and foster healthy interactions in personal and professional relationships. These skills are beneficial to everyone, and especially helpful for those in caregiving roles.

- June 30 - Part 1: Understanding Emotional Triggers
- July 7 - Part 2: Regulation and Restoration Skills

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