

TOP NEWS

AWS AND TELEWORK REQUESTS

[AVAILABLE NOW](#)

MEN'S HEALTH

[REGISTER NOW](#)

THE FEELINGS WHEEL

[LEARN MORE](#)

WELLNESS

MENTAL HEALTH RESOURCES

HELPFUL RESOURCES THIS MONTH:

- [51 Best Self-Care Ideas for Mental and Physical Wellbeing](#)
- [Stress 101 \(short video\)](#)
- [Setting Boundaries Without Guilt \(short video\)](#)
- [Claremont Counseling Resources](#)
- [Coaching Resources](#)
- [Work-Life Resources](#)

COACHING SUPPORT AVAILABLE:

You can access one-on-one coaching through the [Uprise Health App](#). Simply download the app from the App Store and sign up using the access code: MPA. You will then be able to book your first session with a coach.

BE KIND
TO
YOUR MIND



STAY HEALTHY WITH KAISER

Keep **moving** and stay **healthy** with reduced rates on **studios, gyms, and online classes**.

This is available for Kaiser Permanente members only

[Check out Kaiser's wellness offerings here.](#)



15-min Live Session

Get a 15-minute wellness recharge for your mind with a live Calm Session.

June 10

10:00 AM - 10:15 AM



BUILDING HEALTHY MEALS

Learn ways to create healthy seasonal meals. We will talk about food staples and meal prepping tools.

JUNE 11 AT 12 PM

[REGISTER HERE](#) >

CalPERS Thriving Thursdays: Men's Health

Preventative care includes simple but important choices every man can make for himself and his family to live a longer and healthier life.

June 18 at 12:00 PM



REMINDERS

The annual **Workplace Violence Prevention Overview** and the **Prohibiting Discrimination, Harassment, and Retaliation Policy** have been assigned to all employees.



Please log into Vector Solutions to complete the training and acknowledge the policy. This must be completed by June 30.

Reach out to HR if you have any questions!

UPDATES

AWS New Request or Change

If you're interested in submitting a request or making a change to your AWS schedule, be sure to submit your signed request form to HR by **Thursday, June 18, 2026**. Forms must be approved by your Department Director before submission. You may email a scanned copy of the signed request to humanresources@brentwoodca.gov or deliver a hard copy.

If approved, the schedule will be effective **Monday, July 6, 2026**.

For more details and schedule start dates, [click here](#).

Click [here](#) to access the AWS request form.

Telework Arrangement Requests

Employees interested in participating in telework must submit a Telework Arrangement Request Form no later than **Friday, June 12, 2026**. All required approvals must be completed before telework arrangements can begin on **Monday, June 29, 2026**.

Please note that current telework arrangements will expire on **Friday, June 26, 2026, and will not automatically renew**. Employees wishing to continue teleworking must submit a new request form by the deadline (Section C, #7a).

If your current telework arrangement will remain unchanged, complete the form and check the box indicating that the arrangement is exactly the same as the previously approved agreement, then initial where indicated.

Click [HERE](#) for the Policy and the Request form. Forms must be submitted by Friday, June 12.



PROCLAMATIONS

BUILDING SAFETY MONTH

May 2026 as Building Safety Month, highlighting the importance of safe construction, preparedness, and sustainable building practices. This observance honors the professionals who help keep our community safe, resilient, and strong.



[CITY COUNCIL PROCLAMATION](#)

JEWISH AMERICAN HERITAGE MONTH

May 2026 as Jewish American Heritage Month, celebrating the rich history, culture, and contributions of Jewish Americans. This year's theme, "Sharing Stories, Building Bridges," highlights the importance of unity, understanding, and honoring diverse voices in our community.



[CITY COUNCIL PROCLAMATION](#)

OLDER AMERICANS MONTH

May 2026 as Older Americans Month, celebrating the valuable contributions, wisdom, and continued impact of older adults in our community. Their involvement and experiences help make Brentwood a stronger, more connected place for all.



[CITY COUNCIL PROCLAMATION](#)

NATIONAL WATER SAFETY MONTH

May 2026 as National Water Safety Month, promoting awareness of safe practices around water. This observance highlights the importance of swim education, supervision, and prevention to help keep our community safe while enjoying water activities.

[CITY COUNCIL PROCLAMATION](#)



ASIAN AMERICAN AND PACIFIC ISLANDER HERITAGE MONTH

May 2026 as Asian American and Pacific Islander Heritage Month, celebrating the rich cultures, contributions, and lasting impact of AAPI communities. This month highlights themes of resilience, growth, and unity, honoring the diversity that strengthens our community.



[CITY COUNCIL PROCLAMATION](#)

WATER AWARENESS MONTH

May 2026 as Water Awareness Month, highlighting the importance of conserving and protecting our water resources. This observance encourages responsible water use and community efforts to ensure a sustainable future for all.



[CITY COUNCIL PROCLAMATION](#)

NATIONAL HISTORIC PRESERVATION MONTH

May 2026 as National Historic Preservation Month, celebrating the importance of preserving our community's history, landmarks, and cultural heritage. This year's theme, "People Saving Places," highlights how preserving the past helps strengthen our future.



[CITY COUNCIL PROCLAMATION](#)

DEBI CORNER

Emtrain - Training Platform Coming Soon

HR is excited to launch a new series of inclusion-focused trainings designed to strengthen collaboration, communication, and workplace culture. Powered by Emtrain, these courses build real-world skills like recognizing bias and fostering empathy.

All employees will access the trainings through Vector Solutions, with courses released in phases. More details to come!



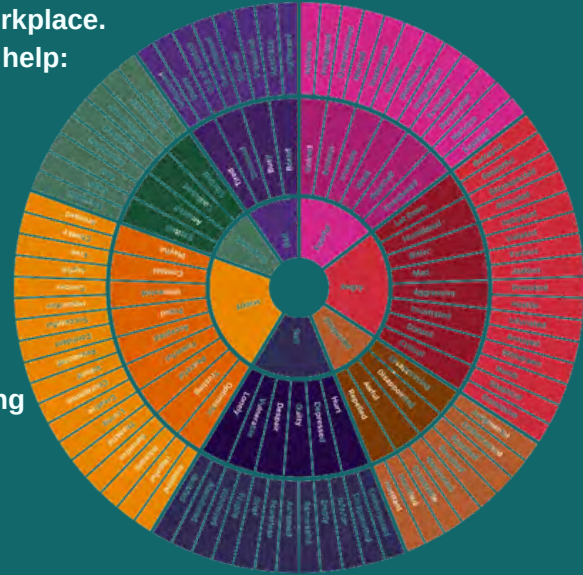
STAY TUNED!

The Feelings Wheel

The Feelings Wheel is a simple but powerful tool that can support healthier communication, stronger teams, and greater emotional awareness in the workplace. When employees can better identify and express what they're feeling, it can help:

- Improve communication and collaboration
- Reduce workplace conflict
- Support mental wellness and resilience
- Strengthen leadership and team relationships
- Encourage a more empathetic workplace culture

Sometimes “stressed,” “frustrated,” or “fine” only scratch the surface. The Feelings Wheel helps people put more precise language to emotions, creating opportunities for understanding and meaningful conversation.



Link to [the Feelings Wheel](#)

A psychologically safe workplace starts with emotional awareness.

RETIREMENT ROW



10 QUESTIONS FOR A SUCCESSFUL RETIREMENT

MissionSquare
RETIREMENT

Transitioning into and moving through retirement can be rewarding and challenging. So having a plan is important. We'll focus on 10 key questions you could ask, from saving, Social Security, and Medicare to managing your investments, withdrawals, and taxes.

REGISTER
NOW!

JUNE 3
10:00 AM - 11:00 AM

JOB BOARD



- Community Services Officer II
- Fleet and Facilities Maintenance Manager
- Police Dispatcher II
- Police Officer
- Recreation Leader II
- Senior Recreation Leader



Contact Human Resources
humanresources@brentwoodca.gov or 925-516-5191