

Janitors! Feeling worn out, tense, or sad at work?

Focus Groups Opportunity! Your voice matters and we want to hear you in a safe and friendly space!

Working alone as a janitor may come with challenges. Have you experienced any physical or emotional effects such as:

- Headaches, body pain or trouble sleeping
- Feeling sad, worried or burned out
- Less energy to enjoy life or be with family?



You're not alone, let's talk about it!

Join an online **focus group** to talk about stress at work and strategies to improve your wellness in your workplace.

WHERE?

Online sessions using Zoom or by phone.

SESSIONS

- Separate sessions for **women** and **men**.
- Separate sessions in **English** and **Spanish**.
- Your name and participation will be kept **private**.
- You'll receive a \$50 Visa cash card for your time.



Scan QR code or click the link below to learn more and participate.

<https://forms.cloud.microsoft/g/3jS6qg9SSG>

Who Can Join?

Janitors (age 18 or older) in WA state who:

- work most of the workday alone (e.g., 6 or more hours of an 8-hour shift without co-workers).
- have more than one year working as a janitor.
- speak English, Spanish or both.

HOW LONG?

About 90 mins

A Partnership of:



Questions?

Please contact us at:

CleanerStudy@Lni.wa.gov

or call 1-888-667-4277, press 2 for CORE