

MCCC Professional Staff colleagues. Are you feeling alone, isolated, overwhelmed and without any options? *Shake that off and know that you are not alone.* . . . Remember you have powerful, accessible and available support and assistance from your Union. MCCC can be your strength, confidence and knowledge to help you to feel good about your job performance and yourself.

There is so much you can do for yourself, first and foremost get to know your Union, your local officials, your chapter meetings and learn about your contract and how to have a professional job description that reflects what you do. The more you are familiar with all aspects of the Union the better you will know your rights and get the support and advocacy you need.

Do yourself a big favor and reach out today, call, e-mail or talk with your local MCCC officials. Give yourself this vital connection to knowledge and support. I learned through my being active in the Union. At first it was hard, but later I came to know firsthand that I had rights and means to address injustices and contract violations. Thank you to many members in MCCC for your support, expertise and valuable time.

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