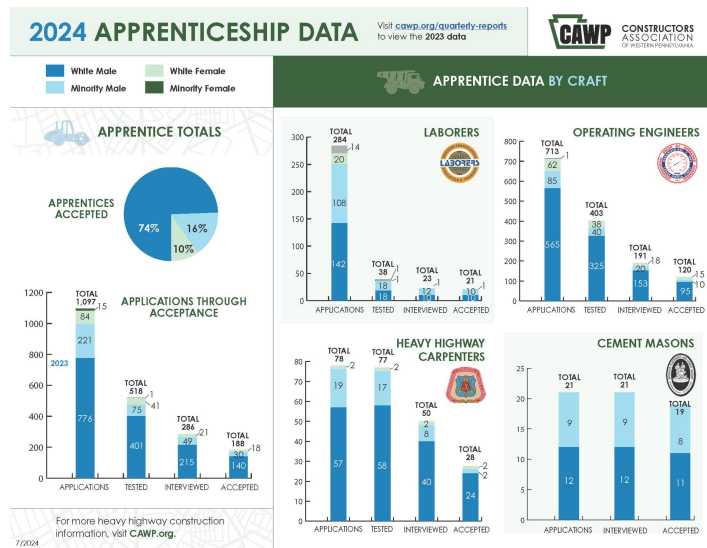


CAWP Issues Apprenticeship Data Report

This apprenticeship data report illustrates the total number of apprentice applications through acceptance in 2024.

CAWP has created these quarterly reports to share important data with Association members. Previous reports can be viewed [here](#).

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CAWP Golf Outing

LAST CALL for Tee & Green Sponsors!

Support your heavy / highway construction industry and sponsor a tee or green at the upcoming Golf Outing!

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MENTAL HEALTH **MINUTE**

**YINZ
GOOD?**

Stress is your body's response to emotional, physical, or mental pressure. While short bursts of stress can sometimes be beneficial, being chronically stressed can affect your physical and mental health.

In this article, Verywell Mind outlines the effects, characteristics, and potential causes of stress and nine ways to manage stress levels.

HOW TO BE LESS STRESSED

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