

Apply for HPG's Contractor Health & Wellness Cohort

Build a Healthier, Stronger Crew

The Home Performance Guild is launching a 6-session, peer-driven cohort designed specifically for contractors who want to improve their own well-being and support a healthier team.

This interactive program combines practical wellness education with real conversations among peers who understand the demands of the job. You'll walk away with tools you can actually use – on the job and in your business.

What You'll Gain:

- Strategies to prevent burnout, injury, and long-term wear and tear
- Tools to support mental health and manage stress
- Practical ways to improve crew well-being and productivity
- A supportive network of fellow contractors

Topics Include:

- Environmental exposures & chronic pain
- Stress, mental health, and trauma-informed practices
- Movement, nutrition, and recovery
- Recognizing contractor-specific health risks
- Accessing care and support services
- Implementing health & wellness practices in your business

Who Should Apply: This cohort is for [Home Performance Guild](#) members who are contractors, business owners, and crew leaders in construction and home performance who want to build a more sustainable, healthy way of working.

- **Apply by Monday, May 4th, to be considered for a spot**
- Qualified applicants selected by lottery

First Session: Wednesday, May 13, 2026 | 11:15 a.m. to 1:30 p.m. (lunch provided)

Additional Sessions: The 2nd Wed. of the month in August & Nov. 2026; Feb., May, & August 2027

Where: Kennedy School, Community Room, 5736 NE 33rd Ave, Portland, OR 97211

Apply here: <https://forms.gle/8m3m8Yz6gqoMgezU8>

Email ashley@hpguild.org with questions

www.hpguild.org