



May 2023

## New Zoom Presentations and Groups to Lift Your Mind and Mood

May is Mental Health Awareness Month! Are you looking for a little extra support to help put a spring in your step? Check out the new presentations, plus discussion and support groups offered by the Faculty and Staff Counseling and Consultation Office (FASCCO).

Unless otherwise noted, to attend any presentation or group, [please complete this online form](#).

### Zoom Presentations for Campus Faculty and Staff

Michigan Medicine faculty and staff can [request presentations](#) from the Office of Counseling and Workplace Resilience.

**Worry Tips and Tricks for pushing back** | Wed., 5/17, Noon - 12:30 p.m.

**Mental Health Hygiene 101** | Thur., 5/18, Noon - 1 p.m.

**Trauma 10** | Mon., 5/22, Noon - 1 p.m.

**Introduction to Stress Management** | Tue., 5/23, Noon - 1 p.m.

**Selecting a Counselor/Therapist & Identifying Community Resources** | Wed., 5/24, Noon - 12:30 p.m.

### Zoom Discussion and Support Groups

**Forgiveness** | Tue. 5/16, Noon - 1 p.m.

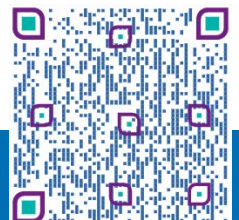
**Support group for New Moms**

For meeting schedules and registration: Contact Jill Castro at [jscaastro@umich.edu](mailto:jscaastro@umich.edu) or (734) 936-8660.

**Space is limited - Register early**



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