



October 2023

Presentations and Groups to Lift Your Mind and Mood

Check out the new presentations for all faculty and staff, 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](https://myumi.ch/x75Xm) (myumi.ch/x75Xm).
If there are multiple dates for a presentation, be sure to indicate your preference.

Zoom Presentations for Campus Faculty and Staff

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

Trauma | Thu., 10/12, Noon - 1 p.m.

Introduction to Stress Management | Mon., 10/16, Noon - 1 p.m.

Selecting a Counselor/Therapist & Identifying Community Resources | Tue., 10/17, Noon - 12:30 p.m.

Balancing Work & Personal Life "How does one do this?" | Thu., 10/19, Noon - 1 p.m.

Creating Healthy Boundaries 101 | Tue., 10/24, Noon - 1 p.m.

Zoom Discussion and Support Groups

Supporting Grieving Families, Friends, and Colleagues | Wed. 10/11, Noon - 1 p.m.

Imposter Syndrome | Tue. 10/18 & 10/25, Noon - 1 p.m.

Support group for New Moms

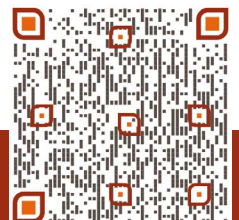
For meeting schedules and registration: Contact Jill Castro at jscaastro@umich.edu or (734) 936-8660.

Space is limited - Register early



FACULTY & STAFF COUNSELING
& CONSULTATION OFFICE
UNIVERSITY OF MICHIGAN

Scan for more details:



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