

OCTOBER - NOVEMBER 2024



## PRESENTATIONS AND GROUPS TO LIFT YOUR MIND AND MOOD

Check out the presentations for academic campus faculty and staff, plus discussion and support groups offered by the Faculty and Staff Counseling and Consultation Office (FASCCO).

### Zoom Presentations for Campus Faculty & Staff

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

#### Women & Mental Health

Tuesday, 10/15 | 1 - 2 p.m.

#### Election Season 2024: How To Manage Associated Stress

Wednesday, 10/16 & Monday, 10/28 | Noon-1 p.m.

#### Goal Setting

Monday, 10/21, 12:15 - 12:45 p.m.

#### Selecting a Therapist & Identifying Community Resources

Tuesday, 10/22, 12:15 - 12:45 p.m.

#### Constructing a Conversation of Concern with Anyone

Tuesday, 10/29, 12:15 - 12:45 p.m.

#### Creating Healthy Boundaries

Tuesday 11/5, 10 - 11 a.m.

### Zoom Discussion & Support Groups

#### Discussion group - Forgiveness

Thursday, 10/17 | Noon - 1 p.m.

#### Discussion group - Managing Pre-Tenure Stress

Thursday, 10/23 & 10/30 | 11 a.m. - Noon

Participants are expected to attend both meetings via zoom. Email [fascco@umich.edu](mailto:fascco@umich.edu) to register.

#### Discussion group - Stress Management

Wednesdays, 11/13 & 11/20 | 11 a.m. - Noon

#### Support group for New Moms

For schedules and registration, please contact:

Jill Castro at [jscastro@umich.edu](mailto:jscastro@umich.edu) or (734) 936-8660.

#### Mental Wellness Mondays MWM

1st Monday of every month 12:15pm

Please email [jendruel@umich.edu](mailto:jendruel@umich.edu) to sign up or for further information.

Space is limited - Register early

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

If there are multiple dates for a presentation, be sure to indicate your preference.

[fascco@umich.edu](mailto:fascco@umich.edu)  
[fascco.umich.edu](http://fascco.umich.edu)



FACULTY & STAFF COUNSELING  
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