



**April - June 2021**

---

## **DISCUSSION GROUPS**

---

Are you looking for a little support? Sign up for one session of the Virtual Discussion Groups facilitated by FASCCO. This is a pilot program to evaluate how helpful small group discussions can be for you.

To help facilitate discussion, each group has a maximum of 20 participants. More groups may be scheduled to accommodate demand. You can [see more mental and emotional health classes here](#).

### **WFH STRATEGIES & SKILLS - Tuesday, April 13 - 1:30 - 2:30 p.m.**

In these trying times, we are all trying new things. For many, that means working from home (WFH) Join this FASCCO facilitated discussion group to connect with peers. Together you will explore strategies that work for you, plus pick up some practical tools & tips to stay connected with colleagues and manage your time. Space is limited to 20 per session, to help facilitate group discussion. Presenter: Tom Waldecker.

### **DEALING WITH UNCERTAIN TIMES - Wednesday, April 14 – Noon -1:00 pm & Thursday, May 25 – Noon -1:00 pm**

With so much change, and so much unknown about our current day-to-day, it's understandable to feel anxiety. Come join our group and let's explore ways to deal with uncertainty. Presenter: Janell Kilgore

### **PANDEMIC PARENTING - Thursday, April 15 – Noon - 1:30 p.m. - *parents of children ages 0-10* & Thursday, May 13 – Noon - 1:30 p.m. - *parents of children ages 11-18***

These two virtual discussion groups offer parents a place to vent, discuss challenges, celebrate victories, and support one another during these uncertain times. Please note the different age groups and select the date that is best for you. Presenter: Jill Castro

---

## **Space is limited - Register early**

---

To attend any of these presentations email [fascco@umich.edu](mailto:fascco@umich.edu) and list the session you would like to enroll in.



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

---

## Space is limited - Register early

---

To attend any of these presentations email [fascco@umich.edu](mailto:fascco@umich.edu)  
and list the session you would like to enroll in.

### **SHARING AND CARING: DISCUSSION GROUP FOR CAREGIVERS - Thursday, April 22 – Noon - 1:00 p.m. & Tuesday 5/11 – Noon - 1:00 p.m.**

Caregiving for a parent or loved one involves unique responsibilities. Caregivers often juggle other pressures, family demands and work/career commitments which can leave them fatigued and having little time for outlets and self-care. The pandemic year has added worries of isolation, mental health and overall well-being. Consider joining with others, who have also navigated these stressors and transitions to share experiences, support, ideas and suggestions as you continue in your role and journey as a caregiver. Presenter: Karen Semenuk

### **FOSTERING SOCIAL CONNECTIONS/STRATEGIES IN VARIOUS ENVIRONMENTS - Wednesdays, May 5, 12 & 19 - Noon - 1:15 p.m. - *Three-part series; must attend all sessions.***

This 3-session experiential Discussion group will focus on the art of developing conversations in formal and informal settings, Barriers to communication as well as cultural and social norms will be explored. Participants will learn active and reflective listening skills, conversation starters and resources for engagement. Presenters: Janell Kilgore and Joanne Bernard

### **PROCRASTINATION - Wednesdays, May 19 & May 26 – Noon - 1:00 p.m. *Two-part series; must attend all sessions.***

This discussion group is a two-part series that offers faculty and staff the opportunity to informally explore concerns about their procrastination. Solutions will be discussed for mitigating procrastination, especially mindfulness, cognitive and behavioral approaches. Attendance for both sessions is requested. Presenter: Andrew Greifer.

---

## Register directly with the presenter for these ongoing groups

---

### **GRIEF DISCUSSION GROUP - LOSS OF A SPOUSE OR PARTNER. - First Thursday of Every Month, Noon - 1:00 p.m.**

This group will address various topics that may include loneliness, parenting, social isolation, new role/ identity as widow or widower, etc. The intent of the group will be driven by topics that are important to the participants. This offering emphasizes group discussion of participants as well as educational components. No one will be required to speak, but doing so often helps the grieving process. Email [jrbernar@umich.edu](mailto:jrbernar@umich.edu) with "Sign me up for the Grief Discussion Group - Loss of a spouse or partner." in the subject line.

### **NEW MOM'S GROUP - Second Thursday of Every Month Noon - 1:15 p.m. *Pre-registration is required on a monthly basis.***

Please inquire for details. Contact Jill Castro at [jscastro@umich.edu](mailto:jscastro@umich.edu) or (734) 936-8660.



FACULTY & STAFF COUNSELING  
& CONSULTATION OFFICE  
UNIVERSITY OF MICHIGAN

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