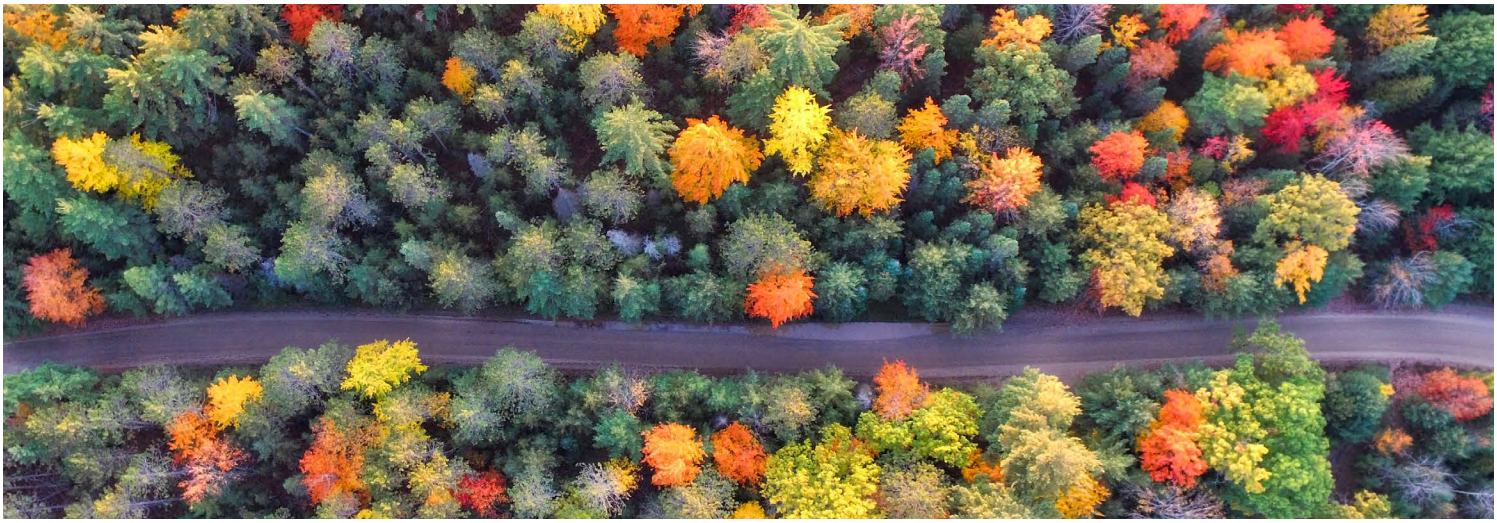
FALL 2026



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

Recognizing & Managing One's Anger
Tuesday, 11/10 | 12:15 - 1 p.m.

Creating Healthy Boundaries
Tuesday, 11/17 | 10 -11 a.m.

Introduction to Stress Management
Wednesday, 11/18 | 11 a.m. - Noon

Tools & Tips: Coping with Uncertain Times
Thursday, | 11/19 | 12:15 -1 p.m.

Managing Stress Through Managing Your Thinking
Tuesday, 11/24 | 11 a.m. - Noon

Forgiveness - Discussion Group
Wednesday, 11/11 | Noon -1 p.m.

Zoom Discussion & Support Groups

Support group for New Mothers
For schedules and registration, please contact:
Jill Castro at jscastro@umich.edu or (734) 936-8660.

LGBT+ Connection Group
Email fascco@umich.edu to receive more details about the group.

Mental Wellness Mondays MWM
Click here to register

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.

For more information about the resources provided during the webinar, please visit this Mental and Emotional Health webpage. A link to the recording of this webinar will be posted on this page within a week.

fascco@umich.edu
fascco.umich.edu

FACULTY & STAFF COUNSELING
& CONSULTATION OFFICE
UNIVERSITY OF MICHIGAN

SCAN ME