



## 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

#### Integrating a new Generation at Work

Tuesday, 5/12 | Noon - 1 p.m.

#### What Happens in Counseling, Overview of Models of Therapy & Selecting a therapist

Wednesday, 5/13 | 12:15 p.m. - 1 p.m.

#### Defining and Cultivating Happiness

Monday, 5/18 | Noon - 1 p.m.

#### Recognizing & Managing One's Anger

Tuesday, 5/19 | 12:15 p.m. - 1 p.m.

#### Cultivating Mindful Self-Compassion & Gratitude

Wednesday, 5/20 | 1 p.m. - 2 p.m.

#### Job Stress and Burnout: What is it?

Wednesday, 5/27 | 11 a.m. - 11:30 a.m.

### Zoom Discussion and Support Groups

#### Support Group for Motherhood and Returning to Work

For schedules and registration, please contact:

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

#### LGBT+ Connection Group

Email [fascco@umich.edu](mailto: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.

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