

OCTOBER - NOVEMBER 2025



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.

Managing Stress Through Managing Your Thinking

Tuesday, 10/07 | 11 a.m. - Noon

Selecting a Therapist and Identifying Community Resources

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

Tools & Tips: Coping with Uncertain Times

Monday, 10/27 | 11:30 a.m. - 12:15 p.m.

Women and Mental Health

Monday, 11/03 | Noon - 1 p.m.

Zoom Discussion & Support Groups

4-Week Support Group - Coping with Chronic Medical Conditions Wednesdays, 10/08, 10/15, 10/22 & 11/05 | 11 a.m. - Noon

Discussion group - Forgiveness

Tuesday, 11/04 | Noon - 1 p.m.

Support group for New Moms

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.

fascco@umich.edu
fascco.umich.edu



FACULTY & STAFF COUNSELING
& CONSULTATION OFFICE
UNIVERSITY OF MICHIGAN

