



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.

Intro to Stress Management

Wednesday, 2/12 | 11:00 a.m. - Noon

Goal Setting

Monday, 2/17 | 12:15 - 12:45 p.m.

Creating Healthy Boundaries

Tuesday, 2/18 | 10:00 -11:00 a.m.

Cultivating Mindful Self-Compassion & Gratitude

Wednesday, 2/19 | 11:00 am - Noon

Women and Mental Health

Monday, 2/24 | 1:00 - 2:00 p.m.

Selecting a Therapist & Identifying Community Resources

Tuesday, 2/25 | 12:15 - 12:45 p.m.

Zoom Discussion & Support Groups

Discussion group - Forgiveness

Tuesday, 2/18 | Noon - 1:00 p.m.

Effectively Managing One's Anger –Series

Wednesdays, 2/19, 2/26,3/5 and 3/12 | Noon - 1:15 p.m.

Participants are expected to attend both meetings via zoom. Email fascco@umich.edu to register.

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 Jill directly at jscastro@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 click on or scan the QR Code to complete the 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

