



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 Your Stress Through Managing Your Thinking | Wednesday 5/7 | 11:00 a.m. - 12:00 p.m. and Tuesday 5/13 | Noon - 1:00 p.m.

Tools & Tips: Coping with Uncertain Times

Thursday, 5/8 | 11:30 am - 12:15 p.m. and Monday 5/19 | Noon - 12:45 p.m.

Selecting a Therapist and Identifying Community Resources | Wednesday 5/14 | 12:15 - 12:45 p.m.

Women and Mental Health

Tuesday, 5/20 | 10:00 - 11:00 a.m.

Recognizing & Managing One's Anger

Thursday, 5/22 | 12:15 - 1:00 p.m.

Zoom Discussion & Support Groups

Discussion group - Forgiveness

Thursday, 5/15 | Noon - 1:00 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](#)

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.

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.

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FACULTY & STAFF COUNSELING
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