



Support Group for Postdocs

The **Faculty and Staff Counseling & Consultation Office (FASCCO)** is offering a support group for postdocs. This monthly drop-in group will address various topics such as stress management, work-life balance, re-location adjustment, difficult career choices, impostor syndrome, navigating work relationships and making social connections.

This support group is facilitated by counselors from FASCCO.

Lunch will be provided, registration is required

WHEN: Third Thursday of each month from October 2019 to April 2020 (no January group)

TIME: 12:00 p.m. - 1:15 p.m.

WHERE: Rackham Graduate School (Signs posted for room location)

Please note that November 7th & April 2nd will be on North Campus, Pierpont Commons

REGISTER: Contact Tina Weymouth at cmwey@umich.edu or 936-8660



**FACULTY & STAFF COUNSELING
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