



Stress Management and Resilience at Work

The **Faculty and Staff Counseling & Consultation Office (FASCCO)** is offering a four-week educational and support group for faculty & staff who are experiencing job stress. This interactive group will explore causes and dynamics of job stress, including both personal and organizational factors. Participants will identify their own signs of job stress and develop stress management strategies, in order to reduce and prevent its personal impact and to enhance resilience at work.

Sessions are at no charge to faculty and staff. Information shared in the group will be strictly confidential.

Class size is limited so those interested are encourage to register promptly (by October 16th).

————— *Attendance at all sessions is requested* —————

WHEN: 10/23, 10/30, 11/6, 11/13

TIME: 11:45 a.m. - 1:00 p.m.

WHERE: Administrative Services Building, 1009 Greene Street, Room 2072 L East & West

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



**FACULTY & STAFF COUNSELING
& CONSULTATION OFFICE**
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