



## ALL ABOARD THE STRUGGLE BUS: A Group for Parents Working from Home with Young Kids

Many U-M employees finding themselves working from home for the first time with the world's most distracting co-workers: our kids! How do we balance this new responsibility as well as the distraction?

Jill Castro, a counselor with the Faculty & Staff Counseling & Consultation Office (FASCCO) and mother of a 3 year old, will facilitate a virtual support group to offer parents of young children a space to vent, provide support for one another, discuss challenges, and celebrate the small victories.

REGISTER FOR ONE SESSION

**Weekly Sessions Available**

Limit of 15 Participants

**Learn More at [myumi.ch/PlqND](https://myumi.ch/PlqND)**



FACULTY & STAFF COUNSELING  
& CONSULTATION OFFICE  
UNIVERSITY OF MICHIGAN

[fascco@umich.edu](mailto:fascco@umich.edu) | [fascco.umich.edu](https://fascco.umich.edu)