



Virtual Discussion Groups Available Every Week

Are you looking for a little support? Sign up for one session of the Virtual Discussion Groups facilitated by FASCCO. This is a pilot program to evaluate how helpful small group discussions can be for you. To help facilitate discussion, each group has a maximum of 15 participants. More groups may be scheduled to accommodate demand.

DEALING WITH UNCERTAINTY

With so much change, and so much unknown about our current day-to-day, it's understandable to feel anxiety. Come join our group and let's explore ways to deal with uncertainty.

WFH STRATEGIES & SKILLS

In these trying times, we are all trying new things. For many, that means working from home (WFH) Join this FASCCO facilitated support group to connect with peers. Together you will explore strategies that work for you, plus pick up some practical tools & tips to stay connected with colleagues and manage your time.

ALL ABOARD THE STRUGGLE BUS: Working From Home with Young Children

So many of us are working from home with the world's most distracting co-workers - our kids! Join FASCCO counselor Jill Castro for a WFH parent support group in Zoom. She's a parent of a 3-year old and will facilitate a virtual support group to offer parents a space to vent, provide support for one another, discuss challenges, and celebrate small victories.

GRIEF DISCUSSION GROUP

We all experience loss at various times in our life and many may be experiencing loss during the pandemic through the death of a friend, family member or colleague. This general grief discussion group will identify and discuss grief responses and allow participants to

share their concerns. Focus will be on understanding grief and grief responses and sharing your experiences. All are welcome.

SHARING & CARING FOR THE ELDERLY

Caregiving elderly family members can be stressful at any time. With current restrictions and elevated concern for your loved one's well-being, the unique challenges may feel overwhelming. Why not take a moment for some self-care and join this FASCCO facilitated group to discuss your concerns.

PROCRASTINATION DISCUSSION GROUP

This discussion group will explore participants' experience of procrastination and offer relevant solutions. Specifically, members will discuss the situational, emotional and cognitive triggers related to their respective forms of procrastination. They will also discuss strategies for reducing their tendency to procrastinate, most notably cognitive, behavioral, and mindfulness approaches. Participants will be encouraged to develop and implement a specific and achievable plan to combat their procrastination.

GRIEF DISCUSSION GROUP: Loss of a spouse or partner

This group will address various topics that may include loneliness, parenting, social isolation, new role/ identity as widow or widower, etc. The intent of the group will be driven by topics that are important to the participants. This offering emphasizes group discussion of participants as well as educational components. No one will be required to speak, but doing so often helps the grieving process.



FACULTY & STAFF COUNSELING
& CONSULTATION OFFICE
UNIVERSITY OF MICHIGAN

Weekly Sessions Available

Email FASCCO@umich.edu with the name of the discussion group in the subject line.

Limit of 15 Participants | Not every topic is available every week

See all dates, and times at myumi.ch/PlqND

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