



February - March 2024

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 and Staff

Michigan Medicine faculty and staff can [request presentations](#) from the Office of Counseling and Workplace Resilience.

Creating Healthy Boundaries 101 | Monday, 2/12, 1 - 2 p.m.

Mental Health Hygiene | Monday 2/19, Noon - 1 p.m.

Introduction to Stress Management | Tuesday, 2/20 | Noon - 1 p.m.

Balancing Personal Life & Work Life "How does one do this?" | Tuesday, 2/27, Noon - 1 p.m.

Trauma | Thursday, 2/29, Noon - 1 p.m.

Gratitude | Thursday, 2/29, 1 p.m. - 2 p.m.

Selecting a Counselor/Therapist & Identifying Community Resources | Tuesday, 3/5, Noon - 12:30 p.m.

Zoom Discussion and Support Groups

Discussion group - Mindful Self Compassion | Tuesday, 2/12, Noon - 1 p.m.

Discussion group - Effectively Managing Ones Anger | Wednesdays 2/14-3/6, Noon - 1:15 p.m.

Support group for New Moms*

LGBT+ Connection Group*

* For schedules and registration for the new moms and LGBT+ groups, please contact: Jill Castro at jscastro@umich.edu or (734) 936-8660.

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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