

FEBRUARY - MARCH 2026



PRESENTATIONS AND GROUPS TO LIFT YOUR MIND AND MOOD

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 & Staff

What Happens in Counseling, Overview of Models of Therapy & Selecting a therapist

Tuesday, 2/24 | 12:15 - 1 p.m.

NEW - Job Stress and Burnout: What is it?

Wednesday 2/25, 11:30 a.m. - Noon.

NEW - Integrating a new Generation at Work

Thursday, 3/5 | Noon - 1 p.m.

NEW - Mini-Presentation Trio: Tips for managing worry, making decisions, and improving sleep

Wednesday, 3/4 | 12:15 - 12:50 p.m.

Recognizing & Managing One's Anger

Tuesday, 3/10 | 12:15 - 1 p.m.

Zoom Discussion and Support Groups

Discussion group - Forgiveness

Tuesday, 3/3 | Noon - 1 p.m.

Support group for New Mothers

For schedules and registration, please contact:

Jill Castro at jscastro@umich.edu or (734) 936-8660.

LGBT+ Connection Group

Email fascco@umich.edu to receive more details about the group.

Mental Wellness Mondays MWM

[Click here to register](#)

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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FACULTY & STAFF COUNSELING
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