



## Lift Your Mind and Mood this May

### Attend a virtual mental health event or group, presented by FASCCO.

Are you looking for ways to feel refreshed this spring? We're here for you with Zoom presentations and groups this May. All events are presented or facilitated by professional counselors from the Faculty and Staff Counseling and Consultation Office.

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#### Discussion Groups

***New*** - Managing Imposter Syndrome for Faculty and Staff - Tue., 5/17 & 5/24, 11:30 a.m. - 12:30 p.m.

***New*** - Enhancing Social Connections - Wed., 5/18, 12-1 p.m.

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#### Presentations

**Mindfulness & Mindful Self-Compassion** - Wed., 5/11, 12-1 p.m.

**Introduction to Stress Management** - Mon., 5/16, 12-1 p.m.

**Creating Healthy Boundaries** - Thur., 5/19, 12-1 p.m.

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#### MiniSessions - 30 Minutes

(Space is limited - Register early)

**Selecting a Counselor/Therapist & Identifying Community Resources** - Tue., 5/10, 12-12:30 p.m.

To attend any of these presentations email [fascco@umich.edu](mailto:fascco@umich.edu) and list the session you would like to enroll in. Please see [Mental and Emotional Health Classes, Training, and Events](#) for additional information and group offerings.



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