



November - December 2022

New Zoom Presentations and Groups to Lift Your Mind and Mood

Are you looking for a little support to help as we enter the end-of-year holiday time? Check out the new presentations, plus discussion and support groups offered by the Faculty and Staff Counseling and Consultation Office (FASCCO) this November and December.

Zoom Presentations for Campus Faculty and Staff

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

NEW: Forgiveness | Tue., 11/1, 12 – 1 p.m.

NEW: Mental Health Hygiene 101 | Wed., 11/2, 12 – 1 p.m.

Creating Healthy Boundaries | Thur., 11/3, 1 - 2 p.m.

NEW: Worry: Tips and tricks for pushing back (Mini Session) | Mon., 11/7, 12 - 12:30 p.m., Thur. 12/1, 12 - 12:30 p.m.

Selecting a Counselor/Therapist & Identifying Community Resources (Mini-Session) | Tue., 11/8, 12 – 12:30 p.m.

Enhancing Social Connections | Wed., 11/9, 12 – 1 p.m., Wed., 11/16, 12 – 1 p.m.

NEW: Creative Thinking | Wed., 11/10, 12 – 1 p.m., 11/17 12 – 1 p.m.

NEW: Trauma 101 | Tue., 12/6, 10 - 11 a.m.

Zoom Discussion and Support Groups

Discussion Group on Imposter Syndrome | Fri., 11/4, 12 – 1 p.m., Fri., 11/11, 12 – 1 p.m.

Discussion Group on Procrastination | Wed., 11/9, 1:15 – 2:30 p.m., Wed., 11/16, 1:15 – 2:30 p.m.

Support group for New Moms

For meeting schedules and registration: Contact Jill Castro at jscaastro@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.



FACULTY & STAFF COUNSELING
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