**FASCCO PRESENTATION/DISCUSSION GROUPS**

**NEW!**  
**MAKING THE MOST OF YOUR COMMUTE - Thursday, 10/21 & 11/18, Noon - 1 p.m.**  
With returning to campus, many will be resuming their commute. Come attend an informal, virtual class where you can hear ideas on ways to make your commute more enjoyable.

**NEW!**  
**RE-ACCLIMATING TO CAMPUS & SELF HELP TIPS TO REDUCE ANXIETY - Thursday, 10/14, Noon - 1 p.m.**  
Many of us will have some angst and trepidation about physically returning to campus. This session will introduce some strategies to assist and revitalize you with returning to the campus work setting. Methods to increase our social connections with colleagues and friends will be noted. In addition, attendees will learn self-help tools and interventions to address worry and anxiety in general.

**CREATING HEALTHY BOUNDARIES - Tuesday, 10/12, Noon - 1 p.m. & 11/16, 1 p.m. - 2 p.m.**  
Healthy boundaries are so important for our emotional well-being, but how do we set and maintain them? In this presentation, you’ll learn the importance of setting personal and professional boundaries, how to recognize your own limits, and tips for having difficult conversations and communicating your needs.

**SELF-CARE DURING TIMES OF TRANSITION - Tuesday, 11/2, Noon - 1 p.m.**  
This Zoom session focuses on tools and skills for prioritizing self-care, specifically during times of transition. Don’t have a lot of time to squeeze it in? No problem. Folks will walk away with a tangible plan and self-care techniques that they can use both at home and at work- even when their schedules are tight.

**DEALING WITH UNCERTAIN TIMES - Tuesday, 10/12, Noon - 1 p.m. & Thursday, 11/14, Noon - 1 p.m.**  
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. This is an interactive presentation with discussion.

**CONTINUED ON BACK**

**Space is limited - Register early**  
Unless otherwise noted, email fascco@umich.edu and list the session title (including date) you would like to enroll in.
UNDERSTANDING MENTAL HEALTH CONDITIONS AND HAVING A CONVERSATION OF CONCERN -
Tuesday, 10/26, 11 a.m. - Noon & 11/9, Noon - 1 p.m.
Do you know that an estimated 1 in 5 Americans (43.4 million adults) experience a mental illness in a given year? Given that you, a family member or a coworker might be that one individual, perhaps you can benefit from a better understanding of how mental and emotional health conditions impact the work environment, our friends, families, or ourselves. Join us to discuss these issues, learn about emotional/mental health conditions and discuss myths about mental health. In addition, gain some tips on how to have a conversation with someone you have a concern about.

INTRODUCTION TO STRESS MANAGEMENT -
Wednesday, 10/20, 11 a.m. - Noon, 10/27, 11 a.m. - Noon & Friday, 11/19, Noon - 1 p.m.
This session provides an overview of stress management strategies, such as cognitive and behavioral approaches, mindfulness, exercise, guided imagery, muscle relaxation, deep breathing and social support seeking. The format will be informal and interactive.

MANAGING STRESS THROUGH MANAGING YOUR THINKING: COGNITIVE APPROACHES -
Wednesday, 11/10, 11 a.m. - Noon & 11/17, 11 a.m. - Noon
This session identifies ways in which negative and illogical thinking often leads to personal and occupational stress. The session also includes methods to replace these illogical thoughts with more logical or rational ways of thinking, which has been found to significantly reduce stress. The format will be informal and interactive.

OVERVIEW OF ANXIETY DISORDERS & OTHER MENTAL HEALTH CONDITIONS -
Tuesday, 10/19, 11 a.m. - Noon & Thursday 11/18, Noon - 1 p.m.
This session will present an overview of Anxiety Disorders and a summary of major mental health conditions along with commonly used intervention strategies.

DISCUSSION GROUPS

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 20 participants. More groups may be scheduled to accommodate demand.

MINDFUL SELF COMPASSION -
Wednesdays, 10/27 & 11/3, Noon - 1 p.m. - Two-part series; must attend both
An interactive discussion group that identifies the concepts inherent to mindful self-compassion (MSC), the role it can play in health and well-being, and techniques to cultivate acceptance of yourself, inner strength, and resilience. Presenters: Joanne Bernard & Alexander Jendrusina

FOSTERING SOCIAL CONNECTIONS/STRATEGIES IN VARIOUS ENVIRONMENTS -
Tuesdays, 10/19, 10/26 & 11/2, Noon – 1 p.m. - Three-part series; must attend all sessions.
This 3-session experiential Discussion group will focus on the art of developing conversations in formal and informal settings, Barriers to communication as well as cultural and social norms will be explored. Participants will learn active and reflective listening skills, conversation starters and resources for engagement. Presenters: Janell Kilgore and Joanne Bernard

NEW MOM’S GROUP -
Second Thursday of the month , Noon -1:15 p.m. - Pre-registration is required on a monthly basis.
Please inquire for details. Contact Jill Castro at jscastro@umich.edu or (734) 936-8660.

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