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

DEALING WITH UNCERTAINTY
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. Email FASCCO@umich.edu with “Sign me up for the “Dealing with Uncertain Times support group” in the subject line.

WFH STRATEGIES & SKILLS
In these trying times, we are all trying new things. For many, that means working from home (WFH) Join this FASCCO facilitated support group to connect with peers. Together you will explore strategies that work for you, plus pick up some practical tools & tips to stay connected with colleagues and manage your time. Email FASCCO@umich.edu with “Sign me up for the WFH Strategies & Skills support group” in the subject line.

ALL ABOARD THE STRUGGLE BUS:
Working From Home with Young Children
So many of us are working from home with the world’s most distracting co-workers - our kids! Join FASCCO counselor Jill Castro for a WFH parent support group in Zoom. She’s a parent of a 3-year old and will facilitate a virtual support group to offer parents a space to vent, provide support for one another, discuss challenges, and celebrate small victories. Email FASCCO@umich.edu with “Sign me up for the Struggle Bus Parents support group” in the subject line.

GRIEF DISCUSSION GROUP
We all experience loss at various times in our life and many may be experiencing loss during the pandemic through the death of a friend, family member or colleague. This general grief discussion group will identify and discuss grief responses and allow participants to share their concerns. Focus will be on understanding grief and grief responses and sharing your experiences. All are welcome. Email FASCCO@umich.edu with “Sign me up for the Grief discussion group” in the subject line.

SHARING & CARING FOR THE ELDERLY
Caregiving elderly family members can be stressful at any time. With current restrictions and elevated concern for your loved one’s well-being, the unique challenges may feel overwhelming. Why not take a moment for some self-care and join this FASCCO facilitated group to discuss your concerns. Email FASCCO@umich.edu with “Sign me up for the Sharing and Caring for the Elderly support group” in the subject line.