



February 2023

New Zoom Presentations and Groups to Lift Your Mind and Mood

Are you looking for a little support to help make your way through winter? Check out the new presentations, plus discussion and support groups offered by the Faculty and Staff Counseling and Consultation Office (FASCCO) this February.

Zoom Presentations for Campus Faculty and Staff

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

Mental Health Hygiene 101 | Tue., 2/14, 12 – 1 p.m.

Trauma 101 | Thu., 2/9, 12 – 1 p.m.

Creating Healthy Boundaries | Thu., 2/23, 10 - 11 a.m.

Overview of Anxiety & Other Mental Health Conditions | Tue., 2/28, 12 – 1 p.m.

Zoom Discussion and Support Groups

Dealing with Divorce and Break-Up (4-week Session) | Wed., 2/8-3/1, 12 – 1 p.m.

Forgiveness | Tue., 2/21 12 – 1 p.m.

Support group for New Moms

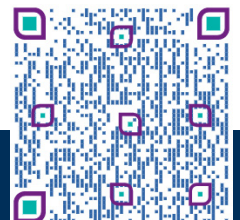
For meeting schedules and registration: Contact Jill Castro at jscastro@umich.edu or (734) 936-8660.

Space is limited - Register early

Unless otherwise noted, to attend any presentation or group, please complete this online form: umich.qualtrics.com/jfe/form/SV_bHNvsORCC35wciW



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