



May is Mental Health Awareness Month

Presentations and Groups to Lift your Mind and Mood

Check out the presentations for academic campus faculty and staff, plus discussion and support groups offered by the Faculty and Staff Counseling and Consultation Office (FASCCO).

Zoom Presentations for Campus Faculty and Staff

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

Mindful Self Compassion | Wednesday, 5/15 | Noon - 1 p.m.

Creating Healthy Boundaries 101 | Thursday, 5/16, 10:00 - 11 a.m.

Selecting a Counselor/Therapist & Identifying Community Resources | Monday, 5/20, Noon - 12:30 p.m.

Balancing Personal Life & Work Life "How does one do this?" | Wednesday 5/22, Noon - 1 p.m.

Mental Health and Microaggressions | Thursday 5/23, Noon - 1 p.m.

Women and Mental Health | Thursday 5/23, 10:00 -11 a.m.

Zoom Discussion and Support Groups

Discussion group - Procrastination | Tuesdays 5/14 & 5/21 | Noon - 1 p.m.

Discussion group - Forgiveness | Thursday, 5/16 | Noon - 1:15 p.m.

Support group for New Moms

For schedules and registration for the new moms group, please 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](#).
If there are multiple dates for a presentation, be sure to indicate your preference.



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