



Virtual 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 15 participants. More groups may be scheduled to accommodate demand. You can see more mental and emotional health classes [here](#).

FOSTERING PERSONAL AWARENESS AND RESILIENCE DURING THE PANDEMIC **October 14, 21 & 28 - 12 p.m. - 1 p.m. (three part series, must attend all sessions)**

FASCCO's 3-week interactive discussion group will focus on the creative expression of self during challenging times. We will explore barriers to living fully, self-care and compassion, wisdom and resiliency. Come prepared to interact with others and consider living fully during the pandemic. Handouts will be given in advance of each session; but these are "discussion groups" so participation is necessary. Presenters: Karen Semenuk and Joanne Bernard

FOSTERING SOCIAL SKILLS/STRATEGIES IN VARIOUS ENVIRONMENTS **October 27, November 3 & 10 - 11 a.m. - 12:15 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

GRIEF DISCUSSION GROUP - LOSS OF A SPOUSE OR PARTNER **First Thursdays - 12 p.m.**

This group will address various topics that may include loneliness, parenting, social isolation, new role/ identity as widow or widower, etc. The intent of the group will be driven by topics that are important to the participants. This offering emphasizes group discussion of participants as well as educational components. No one will be required to speak, but doing so often helps the grieving process.

Space is limited - Register early

To attend any of these presentations email fascco@umich.edu
and list the session you would like to enroll in.



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