



September - October 2022

Presentations and Mini Sessions from FASCCO

Are you looking for a little support to help kickstart the new academic year? Check out the presentations and groups offered by the Faculty and Staff Counseling and Consultation Office (FASCCO) this September and October.

For descriptions, please see the [Mental and Emotional Health Classes, Training, and Events](#) webpage.

Presentations for Campus Faculty and Staff

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

Introduction to Stress Management

Wed., 9/15, 12 – 1 p.m. or Tue., 9/28, 11:45 a.m. – 1 p.m. or Wed., 10/12, 12 – 1 p.m.

NEW: Trauma 101

Mon., 9/19, 1:30 -2:30 p.m. or Tues., 10/18, 10 -11 a.m.

Selecting a Counselor/Therapist & Identifying Community Resources | Thurs., 9/29, 12 - 12:30 p.m.

Overview of Anxiety Disorders & Other Mental Health Conditions | Thurs., 10/4, 12 - 1 p.m.

NEW: Mental Health Hygiene 101 | Wed., 10/5, 12 – 1 p.m.

Discussion and Support Groups

NEW: Discussion Group on Forgiveness | Wed., 10/26, 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, email fascco@umich.edu and list the session title (including date) you would like to enroll in.



FACULTY & STAFF COUNSELING
& CONSULTATION OFFICE
UNIVERSITY OF MICHIGAN

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