

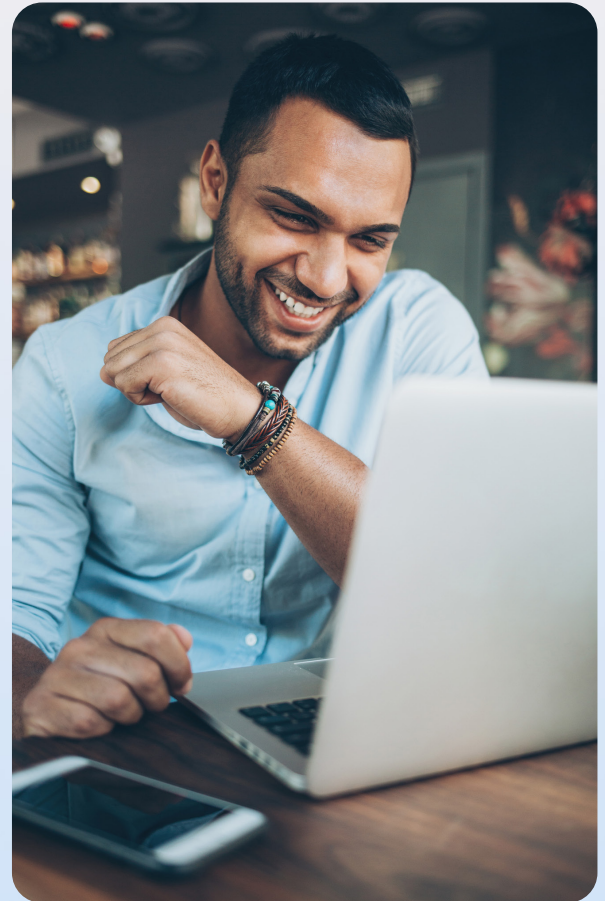
Seeking connection and new skills?

Huddle up!

What are ComPsych® Huddles?

ComPsych **Huddles** are hour-long interactive online support groups focused on education, skill building and peer connection. In addition to small-group interactive Huddles, we also offer **Huddle Webinars**, also up to an hour long, for those who prefer “listen and learn” opportunities, as well as **Huddle Practices**, for those interested in joining a 25-minute guided practice, such as relaxation exercises, mindfulness meditation or stretching, to promote self-care moments during the day.

Please note all times are in Central.



Huddles (interactive)

December 1: Building Self-Compassion (9:00 AM)

December 1: Mindful Eating (12:00 PM)

December 2: Parenting Series- How Did We Grow This Year? Family Reflection Rituals That Matter (10:00 AM)

December 2: Mindful Movement (4:00 PM)

December 3: Black Alliance (12:00 PM)

December 4: Cardiovascular 101 (9:00 AM)

December 4: Managing Caregiver Stress (1:00 PM)

December 5: Mindfulness 3: Mindfulness of Thoughts and Emotions (9:00 AM)

December 8: Nutrition 101 (4:00 PM)

December 9: Back Care 101 (12:00 PM)

December 10: Creativity for Self-Care (9:00 AM)

December 10: Mindfulness 2: Mindfulness of Breath and Body (4:00 PM)

December 11: Healthcare Workers Alliance (10:00 AM)

December 11: Improving Sleep (12:00 PM)

December 11: Self-Care and Resiliency (2:00 PM)

December 12: Breathwork 101 (9:00 AM)

December 15: Strength Training 101 (9:00 AM)

December 16: Mood Management I: Thoughts (9:00 AM)

December 16: Menopause 101 (12:00 PM)

December 18: Mood Management II: Behaviors (9:00 AM)

December 18: Mindfulness 1: Introduction to Mindfulness (12:00 PM)

December 19: Relaxation Techniques (9:00 AM)

December 23: Holiday Harmony: Your Guide to Health & Balance (12:00 PM)

Webinars (listen and learn)

December 2: Coping with Grief and Loss (2:00 PM)

December 3: W-4 Updates and Changes to Tax Withholding (11:00 AM)

December 9: Exploring Cultural Celebrations During the Holidays (9:00 AM)

December 9: Mental Health Impacts of a Medical Diagnosis (3:00 PM)

December 17: Estate Planning and the Documents Everyone Should Have (10:00 AM)

December 17: GLP-1 Medications & Lifestyle: A Whole-Health Approach (12:00 PM)

December 18: Managing Personal Finances (11:00 AM)

December 22: Avoidance and Its Impact on Your Mental Health (9:00 AM)



Practices (guided, shorter immersion in the skill)

December 5: Guided Breathing Practice (12:00 PM)

December 8: Mindfulness Brief Practice (12:00 PM)

December 12: Guided Stretching Practice (12:00 PM)

December 15: Guided Imagery Practice (12:00 PM)

December 19: Posture Reset Practice (12:00 PM)

December 23: Gratitude Brief Practice (10:00 AM)

December 30: Progressive Muscle Relaxation (12:00 PM)

How to Huddle up!

Participants can view the calendar of upcoming Huddles on GuidanceResources® Online or the GuidanceNowSM app and self-register for topics that resonate with them.

To join a session:

- 1 Scan the QR code below or log on to GuidanceResources Online. (If you have not yet registered on the site, use your organization's unique Web ID to do so.)
- 2 Scroll down to and click on **Browse All Services**
- 3 Choose the **Online Huddles** tile and accept the external link notification



Call:
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