

# 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. We also offer **Alliances**, safe virtual discussion and support groups for individuals who identify as members of a specified community to share and process experiences or interests. If you prefer “listen and learn” opportunities, you can join **Huddle Webinars**, also up to an hour long, 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.*

#### Alliances (interactive)

- January 7:** LGBTQIA+ Alliance (10:00 AM)
- January 9:** Caregiver Alliance (9:00 AM)
- January 30:** Hispanic/LatinX Alliance (1:00 PM)

#### Huddles (interactive)

- January 5:** Breathwork (9:00 AM)
- January 5:** Relaxation Techniques (12:00 PM)
- January 6:** Mindfulness 1: Introduction to Mindfulness (12:00 PM)
- January 7:** Improving Sleep (12:00 PM)
- January 8:** Strength Training (4:00 PM)
- January 12:** Menopause (12:00 PM)
- January 13:** Back Care 101 (9:00 AM)
- January 13:** Parenting Series - Routines that Ground Us: Building Rhythm as a Family Before the Year Gets Going (12:00 PM)
- January 14:** Mood Management II: Behaviors (9:00 AM)
- January 15:** Mindful Eating (4:00 PM)
- January 15:** Managing Uncertainty (11:00 AM)
- January 16:** Self-Care and Resiliency (9:00 AM)
- January 19:** Mindfulness 2: Mindfulness of Breath and Body (4:00 PM)



- January 20:** Resolutions to Results: Turning Goals into Action (12:00 PM)
- January 21:** Nutrition 101 (9:00 AM)
- January 22:** Parenting Series - Understanding Sensory Needs and Early Developmental Delays (9:00 AM)
- January 23:** Creativity for Self-Care (12:00 PM)
- January 26:** Mindful Movement (4:00 PM)
- January 27:** Mindfulness 3: Mindfulness of Thoughts and Emotions (1:00 PM)
- January 28:** Building Self-Compassion (3:00 PM)
- January 29:** Strength Training 101 (9:00 AM)
- January 30:** Mood Management I: Thoughts (10:00 AM)

## Webinars (listen and learn)

**January 6:** Activism, Advocacy and Mental-Health (2:00 PM)

**January 8:** Finances of Purchasing a New Home (10:00 AM)

**January 12:** Coping with Trauma (9:00 AM)

**January 12:** Digital Mindfulness: Taking Control of Your Device and Screen Time (10:00 AM)

**January 14:** GLP-1 Medications & Lifestyle: A Whole-Health Approach (12:00 PM)

**January 19:** Building Habits That Support a Growth Mindset (2:00 PM)

**January 20:** 10 Strategies for Improving Your Finances (2:00 PM)

**January 21:** What to Know Before Filing for Bankruptcy (10:00 AM)

**January 28:** Living Nicotine Free (12:00 PM)



## Practices (guided, shorter immersion in the skill)

**January 9:** Guided Stretching Practice (12:00 PM)

**January 16:** Posture Reset Practice (12:00 PM)

**January 19:** Progressive Muscle Relaxation (10:00 AM)

**January 21:** Mindfulness Brief Practice (12:00 PM)

**January 23:** Guided Breathing Practice (9:00 AM)

**January 26:** Gratitude Brief Practice (12:00 PM)

**January 27:** Guided Imagery Practice (12:00 PM)

## How to Huddle up!

Participants can view the calendar of upcoming Huddles on GuidanceResources® Online or the GuidanceNow<sup>SM</sup> 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



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