

Seeking connection and new skills?

Huddle Up!

What are ComPsych® Huddles?

ComPsych *Huddles* are interactive online support groups focused on education, skill building and peer connection. In addition to small-group interactive Huddles, we also offer *Huddle Webinars*, for those who prefer “listen and learn” opportunities, as well as *Huddle Practices*, for those interested in joining a 10-15 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 CST.

Huddles (interactive)

July 1: Self-Care and Resiliency (8:00 a.m.)
July 1: Mindfulness 1 (4:00 p.m.)
July 2: Building Self-Compassion (11:00 a.m.)
July 3: Strength Training 101 (6:00 a.m.)
July 7: Improving Sleep (4:00 p.m.)
July 8: Mood Management 1: Thoughts (12:00 p.m.)
July 9: Mindful Movement (9:00 a.m.)
July 10: Relaxation Techniques (10:00 a.m.)
July 15: Cardiovascular 101 (9:00 a.m.)
July 15: Self-Care and Resiliency (12:00 p.m.)
July 16: Mindfulness 2 (12:00 p.m.)
July 17: Nutrition 101 (4:00 p.m.)
July 18: Mood Management 2: Behaviors (10:00 a.m.)
July 21: Managing Uncertainty (6:00 a.m.)
July 22: Managing Caregiver Stress (10:00 a.m.)
July 22: Menopause 101 (12:00 p.m.)
July 24: Breathwork 101 (9:00 a.m.)
July 25: Mindfulness 3: Mindfulness of Thoughts and Emotions (9:00 a.m.)
July 25: Parenting series (12:00 p.m.)
July 29: Creativity for Self-Care (2:00 p.m.)
July 30: A SMARTer You: Goal Setting (9:00 a.m.)

Webinars (listen and learn)

July 11: Coping with Grief and Loss (10:00 a.m.)
July 14: Essentials of Long-Term Care Planning and Advocacy for Loved Ones (10:00 a.m.)
July 14: Developing Will Power and Self Control for Behavior Change (12:00 p.m.)
July 17: 10 Strategies for Improving Your Finances (10:00 a.m.)
July 23: Importance of Mental Health Awareness in Diverse Communities (3:00 p.m.)
July 24: Estate Planning and the Documents Everyone Should Have (12:00 p.m.)
July 28: Resiliency: Bouncing Back After a Setback (2:00 p.m.)
July 31: Healthy Lifestyles: Changing the Way You Think About Diet & Exercise (12:00 p.m.)

Practices (guided, shorter immersion in the skill)

July 2: Gratitude Practice (2:00 p.m.)
July 7: Progressive Muscle Relaxation Practice (9:00 a.m.)
July 11: Breathwork Practice (12:00 p.m.)
July 16: Guided Imagery Practice (2:00 p.m.)
July 18: Mindfulness Practice (9:00 a.m.)
July 22: Gratitude Practice (9:00 a.m.)
July 29: Stretching Practice (12:00 p.m.)

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



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