

# 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)

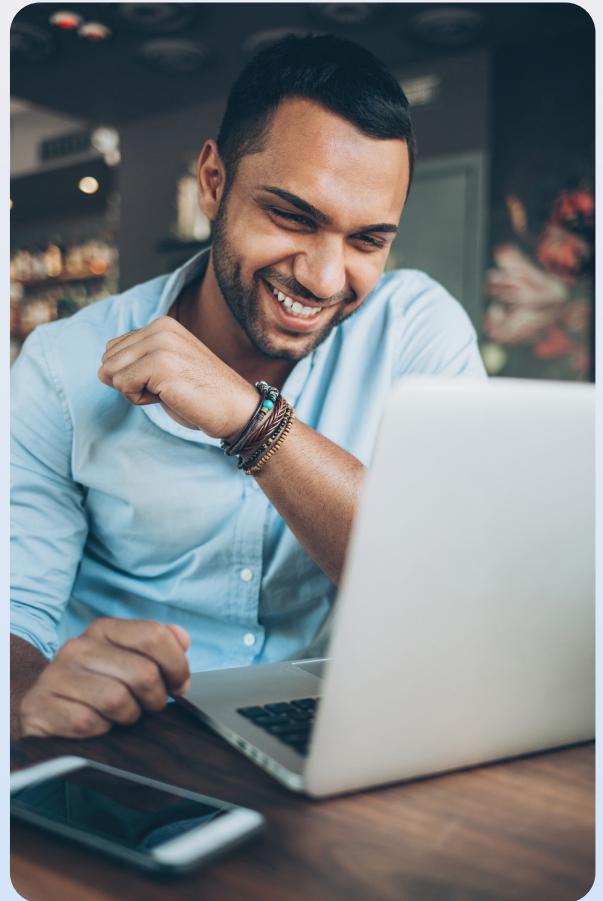
**December 10:** Mindfulness 2: Mindfulness of Breath and Body (4:00 PM)

**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 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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