

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 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: 855-699-6908
App: GuidanceNowSM
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TRS: Dial 711
Web ID: SVVSD

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