

# 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 Eastern.*

### Alliances (interactive)

**February 6:** Healthcare Workers Alliance (12:00 PM)  
**February 13:** Black Alliance (12:00 PM)

### Huddles (interactive)

**February 2:** Menopause 101 (12:00 PM)  
**February 3:** Nutrition 101 (4:00 PM)  
**February 4:** Improving Sleep (9:00 AM)  
**February 5:** Self-Care and Resiliency (10:00 AM)  
**February 9:** Mindfulness 1: Introduction to Mindfulness (4:00 PM)  
**February 10:** Heart Health 101 (12:00 PM)  
**February 10:** Building Self-Compassion (2:00 PM)  
**February 11:** Strength Training 101 (9:00 AM)  
**February 12:** PARENTING SERIES: Supporting Teens with Friendships and Romantic Relationships (10:00 AM)  
**February 13:** Managing Loneliness (11:00 AM)  
**February 16:** Mindful Eating (4:00 PM)  
**February 16:** Mood Management II: Behaviors (9:00 AM)



**February 17:** Breathwork 101 (12:00 PM)

**February 18:** Back Care 101 (9:00 AM)

**February 19:** Creativity for Self-Care (9:00 AM)

**February 20:** Mood Management I: Thoughts (10:00 AM)

**February 24:** Mindfulness 2: Mindfulness of Breath and Body (9:00 AM)

**February 24:** Relaxation Techniques (12:00 PM)

**February 25:** Tobacco and Nicotine Cessation and Relapse Prevention Support Huddle (9:00 AM)

**February 25:** Mindfulness 3: Mindfulness of Thoughts and Emotions (2:00 PM)

**February 26:** Cardiovascular 101 (12:00 PM)

## How to Huddle up!

Participants can view the calendar of upcoming Huddles on GuidanceResources® Online or the GuidanceNow™ 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



## Webinars (listen and learn)

**February 3:** Coping with Grief and Loss (9:00 AM)

**February 5:** I Thought I Could Retire by Now: Managing the Emotions of Delayed Retirement (2:00 PM)

**February 11:** W-4 Updates and Changes to Tax Withholding (1:00 PM)

**February 12:** A Whole Health Lifestyle Approach to Maximize GLP-1 Medications (12:00 PM)

**February 17:** Importance of Mental Health Awareness in the Black/African American Community (10:00 AM)

**February 18:** Hiring an Attorney (10:00 AM)

**February 20:** Eldercare In-Home Support and Services (9:00 AM)

**February 23:** Being Adaptive in an Ever-Changing World (10:00 AM)

**February 23:** Living Nicotine Free (9:00 AM)

**February 25:** Beyond Babysitting: Summer Camps (1:00 PM)

**February 26:** Importance of Participating in Your Employer's Retirement Plan (9:00 AM)

**February 27:** PARENTING SERIES: The Neurobiology of Parenting: How Caregiver Responses Shape the Child's Brain (9:00 AM)

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

**February 2:** Guided Imagery Practice (9:00 AM)

**February 4:** Gratitude Brief Practice (12:00 PM)

**February 6:** Guided Stretching Practice (9:00 AM)

**February 9:** Mindfulness Brief Practice (12:00 PM)

**February 13:** Posture Reset Practice (9:00 AM)

**February 20:** Progressive Muscle Relaxation (12:00 PM)

**February 27:** Guided Breathing Practice (12:00 PM)



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