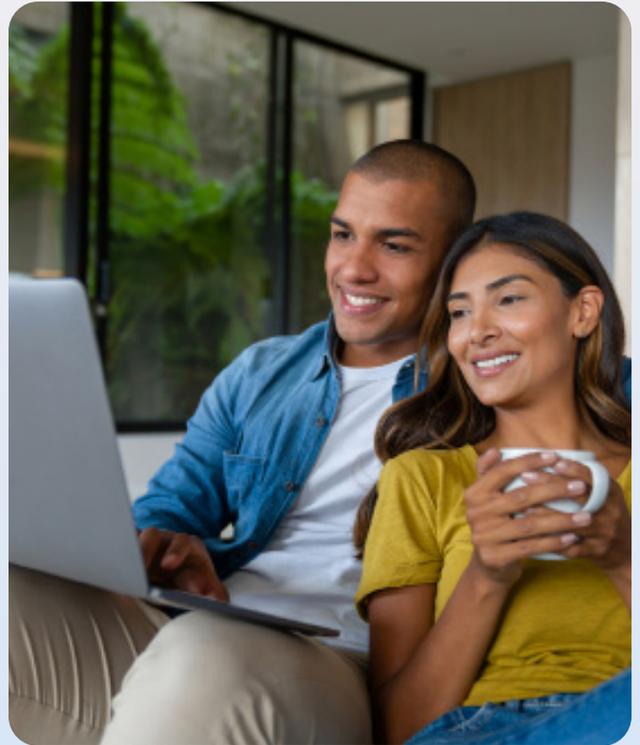


Seeking connection and new skills?

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 Mountain Standard Time.*



Huddles (interactive)

- March 2:** Menopause 101 (11:00 AM)
- March 3:** Relaxation Techniques (9:00 AM)
- March 3:** Back Care 101 (11:00 AM)
- March 4:** Mindful Eating (8:00 AM)
- March 5:** PARENTING SERIES: Navigating Tough Topics with Teens (11:00 AM)
- March 5:** Breathwork 101 (8:00 AM)
- March 6:** Caregiver Alliance (12:00 PM)
- March 9:** Building Self-Compassion (12:00 PM)
- March 9:** Mindfulness 1: Introduction to Mindfulness (11:00 AM)
- March 10:** Anti-Inflammatory Nutrition (11:00 AM)
- March 11:** Men’s Alliance (12:00 PM)
- March 11:** Finding Gratitude in Our Everyday Lives (11:00 AM)
- March 12:** Mood Management 2: Behaviors (11:00 AM)
- March 12:** Improving Sleep (3:00 PM)
- March 13:** Hispanic/LatinX Alliance (12:00 PM)

- March 13:** Creativity for Self-Care (8:00 AM)
- March 16:** Coping with Uncertainty (12:00 PM)
- March 17:** PARENTING SERIES: Understanding Big Feelings in Little Bodies (8:00 AM)
- March 18:** Nutrition 101 (8:00 AM)
- March 20:** Mindfulness 3: Mindfulness of Thoughts and Emotions (8:00 AM)
- March 23:** Mindfulness 2: Mindfulness of Breath and Body (11:00 AM)
- March 24:** Mood Management 1: Thoughts (8:00 AM)
- March 25:** Strength Training 101 (8:00 AM)
- March 27:** From Trigger to Triumph (8:00 AM)
- March 30:** LGBTQIA+ Alliance (9:00 AM)
- March 30:** Self-Care and Resiliency (12:00 PM)
- March 31:** Neurodivergent Alliance (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

Webinars (listen and learn)

March 4: Coping with Trauma (11:00 AM)

March 10: Preparing for Financial Emergencies (9:00 AM)

March 10: Improving Social Wellness to Boost Mental Health (9:00 AM)

March 16: DEIB: Supporting Working Women's Mental Health (9:00 AM)

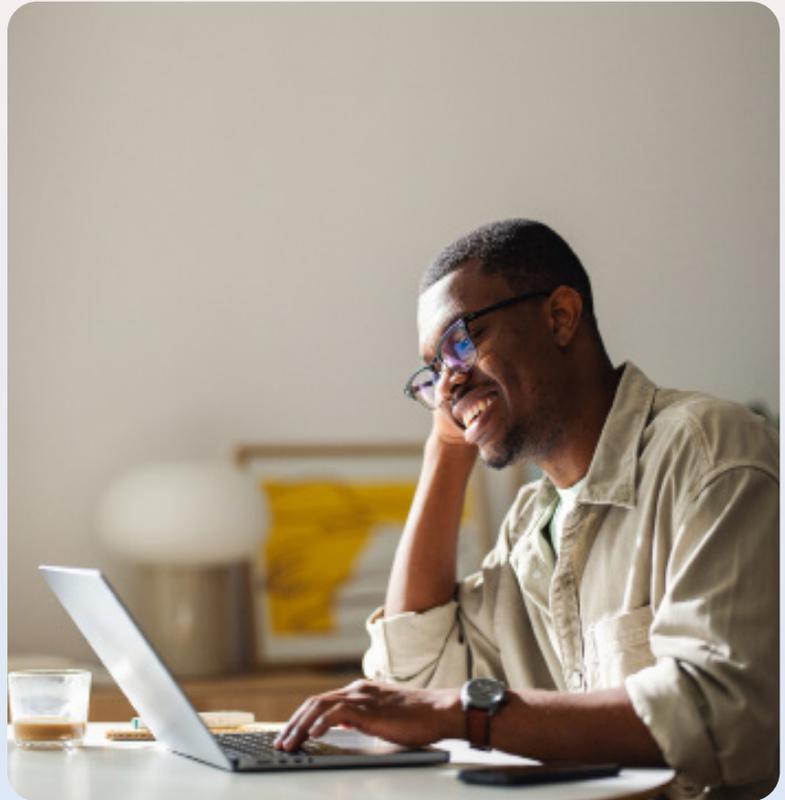
March 18: Estate Planning and the Documents Everyone Should Have (9:00 AM)

March 19: A Whole Health Lifestyle Approach to Maximize GLP-1 Medications (8:00 AM)

March 23: How Physical Pain Can Impact Your Mental Health (1:00 PM)

March 24: Living Nicotine Free (11:00 AM)

March 26: Paying off Debt While Building Wealth (9:00 AM)



Practices (guided, shorter immersion in the skill)

March 2: Guided Imagery Practice (8:00 AM)

March 6: Gratitude Brief Practice (8:00 AM)

March 6: Guided Stretching Practice (11:00 AM)

March 11: Mindfulness Brief Practice (8:00 AM)

March 12: Progressive Muscle Relaxation (8:00 AM)

March 13: Posture Reset Practice (11:00 aM)

March 17: Guided Meditation Practice (10:00 AM)

March 19: Guided Imagery Practice (12:00 PM)

March 20: Gratitude Brief Practice (11:00 AM)

March 25: Progressive Muscle Relaxation (11:00 AM)

March 27: Mindfulness Brief Practice (11:00 AM)

March 30: Guided Breathing Practice (11:00 AM)

March 30: Guided Breathing Practice (11:00 AM)



Live Assistance

Call:
App: GuidanceNowSM
Online: [guidanceresources.com](https://www.guidanceresources.com)

TRS: Dial 711
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