

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 CST.

Huddles (interactive)

- September 2:** Improving Sleep (4:00 p.m.)
- September 3:** Managing Caregiver Stress (11:00 a.m.)
- September 4:** Mindful Movement (6:00 a.m.)
- September 5:** Relaxation Techniques (12:00 p.m.)
- September 8:** Strength Training 101 (9:00 a.m.)
- September 10:** Mindfulness 1: Introduction to Mindfulness (4:00 p.m.)
- September 11:** The Power of One-on-One: Reconnecting with Each Child, One at a Time (10:00 a.m.)
- September 15:** Mood Management 1: Thoughts (12:00 p.m.)
- September 16:** Menopause 101 (4:00 p.m.)
- September 18:** Cardiovascular 101 (12:00 p.m.)
- September 19:** Mindful Eating (9:00 a.m.)
- September 22:** Nutrition 101 (12:00 p.m.)
- September 23:** Back Care 101 (9:00 a.m.)
- September 23:** Self-Care and Resiliency (12:00 p.m.)
- September 25:** Breathwork 101 (4:00 p.m.)



- September 26:** Mood Management 2: Behaviors (10:00 a.m.)
- September 29:** Building Self-Compassion (9:00 a.m.)
- September 29:** Mindfulness 3: Mindfulness of Thoughts and Emotions (2:00 p.m.)
- September 30:** Mindfulness 2: Mindfulness of Breath and Body (9:00 a.m.)

Webinars (listen and learn)

September 5: Working through Mistakes (10:00 a.m.)

September 8: Digital Mindfulness: Taking Control of Your Device and Screen Time (2:00 p.m.)

September 9: 10 Strategies for Improving Your Finances (10:00 a.m.)

September 17: Me Duele El Corazón - My Heart Hurts (12:00 p.m.)

September 24: Estate Planning and the Documents Everyone Should Have (10:00 a.m.)

September 24: GLP-1 Medications & Lifestyle: A Whole-Health Approach (12:00 p.m.)

September 25: Paying off Debt While Building Wealth (10:00 a.m.)



Practices (guided, shorter immersion in the skill)

September 3: Gratitude Practice (9:00 a.m.)

September 12: Guided Breathing Practice (12:00 p.m.)

September 12: Mindfulness Brief Practice (1:00 p.m.)

September 16: Guided Imagery Practice (12:00 p.m.)

September 19: Progressive Muscle Relaxation (1:00 p.m.)

September 26: Guided 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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