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.)

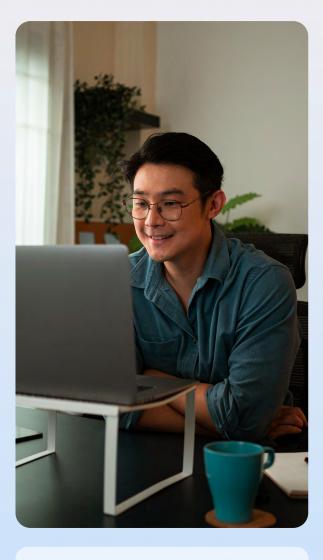
September 19: Mindful Eating (9:00 a.m.)

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 Corazòn -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:

- 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.)
- Scroll down to and click on **Browse All Services**
- Choose the Online Huddles tile and accept the external link notification





Call: **TRS:** Dial 711 **App:** GuidanceNowSM Web ID: Online: guidanceresources.com



