

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 Central.

Huddles (interactive)

November 3: Mindfulness 3: Mindfulness of Thoughts and Emotions (10:00 AM)

November 3: Cardiovascular 101 (12:00 PM)

November 4: Building Self-Compassion (9:00 AM)

November 5: Menopause 101 (5:00 PM)

November 6: Nutrition 101 (9:00 AM)

November 6: Self-Care and Resiliency Building (1:00 PM)

November 10: Mindful Movement (9:00 AM)

November 10: Parenting Series - Screens, Socials, and Sanity: Creating Healthier Tech Boundaries Without the Drama (2:00 PM)

November 11: Mood Management 1: Thoughts (9:00 AM)

November 11: Mindfulness 1: Introduction to Mindfulness (4:00 PM)

November 12: Breathwork 101 (12:00 PM)

November 13: Managing Caregiver Stress (9:00 AM)

November 13: Improving Sleep (4:00 PM)

November 17: Mood Management 2: Behaviors (10:00 AM)

November 17: Mindful Eating (4:00 PM)

November 18: Creativity for Self-Care (2:00 PM)



November 19: Mindfulness 2: Mindfulness of Breath and Body (12:00 PM)

November 20: Relaxation Techniques (1:00 PM)

November 21: Strength Training 101 (9:00 AM)

November 25: Back Care 101 (9:00 AM)

November 26: Holiday Harmony: Your Guide to Health and Balance (12:00 PM)

Webinars (listen and learn)

November 4: Managing Holiday Debt - Webinar (11:00 AM)

November 5: Caregiving Essentials: Long-Term Care Planning and Advocacy (10:00 AM)

November 7: Gratitude: A Skill for Happier Living (11:00 AM)

November 7: Coping with Trauma (3:00 PM)

November 14: Caring for the Caregiver (10:00 AM)

November 18: GLP-1 Medications & Lifestyle: A Whole-Health Approach (12:00 PM)

November 19: Hiring an Attorney (10:00 AM)

November 20: 10 Strategies for Improving Your Finances (10:00 AM)

November 24: Managing Holiday Stress (10:00 AM)

November 25: Seasonal Blues (2:00 PM)



Practices (guided, shorter immersion in the skill)

November 4: Progressive Muscle Relaxation Practice (12:00 PM)

November 7: Guided Breathing Practice (1:00 PM)

November 12: Gratitude Brief Practice (2:00 PM)

November 14: Posture Reset Practice (12:00 PM)

November 17: Guided Imagery Practice (12:00 PM)

November 21: Mindfulness Brief Practice (11:00 AM)

November 24: Guided Stretching 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: 844-506-5374
App: GuidanceNowSM
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TRS: Dial 711
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