

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)

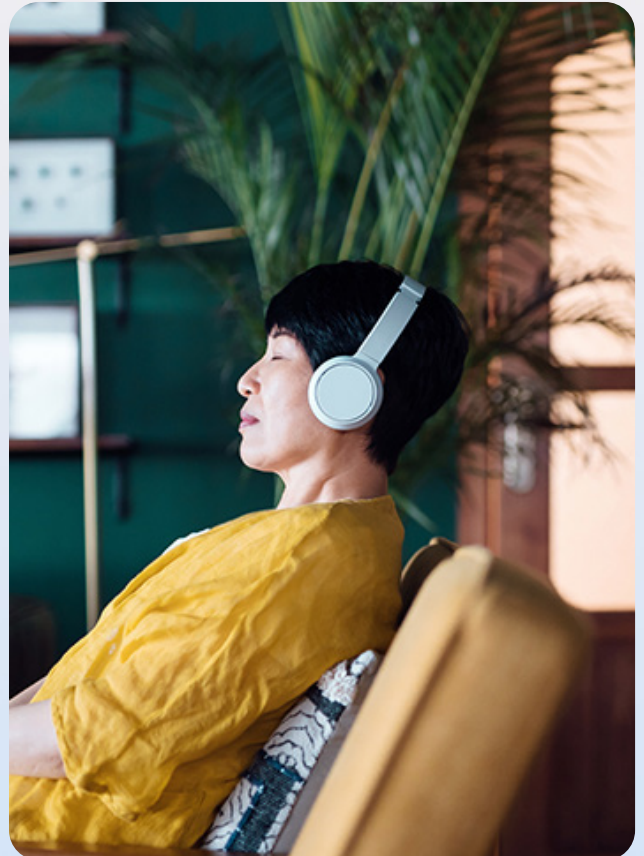
February 11: Strength Training 101 (9:00 AM)

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 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)

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 10: Guided Meditation Practice (9:00 AM)

February 11: Progressive Muscle Relaxation (12:00 PM)

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

February 16: Guided Meditation Practice (12:00 PM)

February 18: Guided Imagery Practice (12:00 PM)

February 19: Gratitude Brief Practice (12:00 PM)

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

February 23: Mindfulness Brief Practice (12:00 PM)

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



Live Assistance

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