

# 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 Central.*



### **Huddles** (interactive)

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

- March 13:** Creativity for Self-Care (9:00 AM)
- March 16:** Coping with Uncertainty (1:00 PM)
- March 17:** PARENTING SERIES: Understanding Big Feelings in Little Bodies (9:00 AM)
- March 18:** Nutrition 101 (9:00 AM)
- March 20:** Mindfulness 3: Mindfulness of Thoughts and Emotions (9:00 AM)
- March 23:** Mindfulness 2: Mindfulness of Breath and Body (12:00 PM)
- March 24:** Mood Management 1: Thoughts (9:00 AM)
- March 25:** Strength Training 101 (9:00 AM)
- March 27:** From Trigger to Triumph (9:00 AM)
- March 30:** LGBTQIA+ Alliance (10:00 AM)
- March 30:** Self-Care and Resiliency (1:00 PM)
- March 31:** Neurodivergent Alliance (1:00 PM)

## How to Huddle up!

Participants can view the calendar of upcoming Huddles on GuidanceResources® Online or the GuidanceNow<sup>SM</sup> 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 (12:00 PM)

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

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

**March 16:** DEIB: Supporting Working Women's Mental Health (10:00 AM)

**March 18:** Estate Planning and the Documents Everyone Should Have (10:00 AM)

**March 19:** A Whole Health Lifestyle Approach to Maximize GLP-1 Medications (9:00 AM)

**March 23:** How Physical Pain Can Impact Your Mental Health (2:00 PM)

**March 24:** Living Nicotine Free (12:00 PM)

**March 26:** Paying off Debt While Building Wealth (10:00 AM)



## Practices (guided, shorter immersion in the skill)

**March 2:** Guided Imagery Practice (9:00 AM)

**March 6:** Gratitude Brief Practice (9:00 AM)

**March 6:** Guided Stretching Practice (12:00 PM)

**March 11:** Mindfulness Brief Practice (9:00 AM)

**March 12:** Progressive Muscle Relaxation (9:00 AM)

**March 13:** Posture Reset Practice (12:00 PM)

**March 17:** Guided Meditation Practice (11:00 AM)

**March 19:** Guided Imagery Practice (1:00 PM)

**March 20:** Gratitude Brief Practice (12:00 PM)

**March 25:** Progressive Muscle Relaxation (12:00 PM)

**March 27:** Mindfulness Brief Practice (12:00 PM)

**March 30:** Guided Breathing Practice (12:00 PM)

**March 30:** Guided Breathing Practice (12:00 PM)



Live Assistance

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**App:** GuidanceNow<sup>SM</sup>  
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