

# Seeking connection and new skills?

# Huddle Up!

## What are ComPsych® Huddles?

ComPsych *Huddles* are interactive online support groups focused on education, skill building and peer connection. In addition to small-group interactive Huddles, we also offer *Huddle Webinars*, for those who prefer “listen and learn” opportunities, as well as *Huddle Practices*, for those interested in joining a 10-15 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)

**August 1:** Relaxation Techniques (12:00 p.m.)  
**August 4:** Building Self-Compassion (12:00 p.m.)  
**August 5:** Cardiovascular 101 (9:00 a.m.)  
**August 7:** Breathwork 101 (6:00 a.m.)  
**August 11:** Improving Sleep (4:00 p.m.)  
**August 12:** Creativity for self-care (11:00 a.m.)  
**August 13:** Mindfulness 1 (9:00 a.m.)  
**August 15:** Mood Management 1: Thoughts (9:00 a.m.)  
**August 15:** Mindful Movement (12:00 p.m.)  
**August 18:** Self-Care and Resiliency (6:00 a.m.)  
**August 19:** Strength Training 101 (12:00 p.m.)  
**August 20:** Managing Caregiver Stress (1:00 p.m.)  
**August 21:** Menopause, 101 (4:00 p.m.)  
**August 22:** Mindfulness 3: Mindfulness of Thoughts and Emotions (9:00 a.m.)  
**August 22:** PARENTING SERIES (2:00 p.m.)  
**August 25:** Back Care 101 (12:00 p.m.)  
**August 27:** Mood Management 2: Behaviors (12:00 p.m.)  
**August 27:** Nutrition 101 (4:00 p.m.)  
**August 28:** Mindfulness 2: Mindfulness of Body and Breath (4:00 p.m.)

### Webinars (listen and learn)

**August 7:** Managing personal Finances (2:00 p.m.)  
**August 8:** Eldercare in-home support and services (10:00 a.m.)  
**August 11:** Combatting Imposter Syndrome (2:00 p.m.)  
**August 14:** Coping with Trauma (12:00 p.m.)  
**August 18:** Embracing Kindness and Respect (10:00 a.m.)  
**August 21:** Coping with Compassion Stress (10:00 a.m.)  
**August 26:** Webinar: Living Nicotine Free (12:00 p.m.)  
**August 28:** Preparing for Financial Emergencies (2:00 p.m.)

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

**August 6:** Gratitude Practice (9:00 a.m.)  
**August 8:** Stretching Practice (12:00 p.m.)  
**August 14:** PMR Practice (3:00 p.m.)  
**August 15:** Mindfulness Practice (12:00 p.m.)  
**August 20:** Guided Imagery Practice (10:00 a.m.)  
**August 29:** Guided Breathing Practice (12:00 p.m.)

## 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



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