

# 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 and are subject to change.**



#### Alliances

Date	Title	Time
5/8/2026	Neurodivergent Alliance	11:00 AM
5/12/2026	Caregiver Alliance	11:00 AM
5/13/2026	Men's Alliance	2:00 PM
5/18/2026	LGBTQIA+ Alliance	11:00 AM
5/21/2026	Hispanic Alliance	12:00 PM
5/22/2026	Cancer Alliance	11:00 AM
5/26/2026	Black Alliance	3:00 PM

#### Huddles

Date	Title	Time
5/4/2026	DEIB: Supporting Mental Health for Asian Americans	1:00 PM
5/5/2026	Menopause 101	1:00 PM
5/6/2026	Creativity for Self-Care	1:00 PM
5/6/2026	Relaxation Techniques	10:00 AM
5/7/2026	Mindfulness 1: Introduction to Mindfulness	10:00 AM
5/7/2026	Relaxation Techniques	1:00 PM

#### Huddles cont.

Date	Title	Time
5/8/2026	Helping Your Kids Maintain and Understand the Importance of Friendships*	2:00 PM
5/11/2026	Mindfulness 2: Mindfulness of Breath and Body	1:00 PM
5/12/2026	Back Care 101	1:00 PM
5/12/2026	Self-Care and Resiliency	1:00 PM
5/14/2026	Mindful Movement	1:00 PM
5/14/2026	The Power of Food: Simple Steps to an Anti-Inflammatory Diet	10:00 AM
5/15/2026	Coping with Uncertainty	10:00 AM
5/15/2026	Setting Healthy Boundaries*	3:00 PM
5/19/2026	Living Nicotine Free	1:00 PM
5/20/2026	Improving Sleep	10:00 AM
5/20/2026	Mood Management 1: Thoughts	11:00 AM
5/21/2026	Building Self-Compassion	10:00 AM
5/22/2026	Mindfulness 3: Mindfulness of Thoughts and Emotions	2:00 PM
5/26/2026	Self-Care and Resiliency	1:00 PM
5/27/2026	Tobacco and Nicotine Cessation and Relapse Prevention Support Huddle	1:00 PM
5/28/2026	Improving Sleep	1:00 PM
5/28/2026	Supporting Children Through Anxiety, Stress, and Depression	10:00 AM
5/29/2026	Mood Management 2: Behaviors	11:00 AM
5/29/2026	Trigger to Triumph	2:00 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



### Practices

Date	Title	Time
5/5/2026	Guided Imagery Practice	2:00 PM
5/6/2026	Progressive Muscle Relaxation Practice	3:00 PM
5/8/2026	Guided Stretching Practice	1:00 PM
5/11/2026	Mindfulness Brief Practice	10:00 AM
5/12/2026	Progressive Muscle Relaxation Practice	10:00 AM
5/13/2026	Gratitude Brief Practice	1:00 PM
5/14/2026	Guided Meditation Practice	3:00 PM
5/15/2026	Guided Breathing Practice	1:00 PM
5/19/2026	Guided Imagery Practice	11:00 AM
5/20/2026	Gratitude Brief Practice	2:00 PM
5/22/2026	Posture Reset Practice	1:00 PM
5/27/2026	Guided Meditation Practice	10:00 AM
5/29/2026	Mindfulness Brief Practice	1:00 PM

### Webinars

Date	Title	Time
5/1/2026	Neurodiversity: Building Environments That Work	12:00 PM
5/1/2026	Overwhelm: Coping with Stress and Fear	10:00 AM
5/4/2026	Combat Boots to Business Shoes: Thriving After Military Service	12:00 PM
5/5/2026	10 Strategies for Improving Your Finances	11:00 AM
5/13/2026	Hiring an Attorney	11:00 AM
5/18/2026	Changing Your Mindset about Aging	3:00 PM
5/18/2026	Women's Health Panel	1:00 PM
5/20/2026	A Whole Health Lifestyle Approach to Maximize GLP-1 Medications	1:00 PM
5/21/2026	Caregiving Essentials: Long-Term Care Planning and Advocacy	11:00 AM
5/26/2026	Combining Finances	11:00 AM
5/28/2026	Coping with Trauma	11:00 AM



Live Assistance

Call: 844-207-5465

App: GuidanceNow<sup>SM</sup>

Online: [guidanceresources.com](https://www.guidanceresources.com)

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