

# 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. **Alliances** offer safe virtual spaces for individuals within shared communities, while **Webinars** provide listen and learn sessions and **Practices** deliver 25-minute guided exercises such as mindfulness or relaxation.

All times are listed in **Mountain** and are subject to change. New sessions may be added throughout the month, so please check back regularly for updates.



#### Alliances

Date	Title	Time
6/2/2026	<b>Black Alliance</b>	11:00 AM
6/10/2026	<b>Healthcare Workers Alliance</b>	1:00 PM
6/11/2026	<b>Men's Alliance</b>	12:00 PM
6/16/2026	<b>LGBTQIA+ Alliance</b>	10:00 AM
6/19/2026	<b>First Responder Alliance</b>	10:00 AM
6/24/2026	<b>Women's Alliance</b>	11:00 AM

#### Huddles

Date	Title	Time
6/2/2026	<b>Menopause 101</b>	3:00 PM
6/3/2026	<b>Preventing Burnout: Sustainable Self-Care for Busy Lives</b>	8:00 AM
6/4/2026	<b>Mood Management 2: Behaviors</b>	8:00 AM
6/5/2026	<b>Mindfulness 1: Introduction to Mindfulness</b>	11:00 AM
6/8/2026	<b>Cardiovascular 101</b>	11:00 AM
6/8/2026	<b>Meditation: Restore Your Balance</b>	8:00 AM

#### Huddles cont.

Date	Title	Time
6/9/2026	<b>Managing Loneliness</b>	10:00 AM
6/10/2026	<b>Nutrition 101</b>	11:00 AM
6/15/2026	<b>Creativity for Self-Care</b>	8:00 AM
6/16/2026	<b>Building Self-Compassion</b>	12:00 PM
6/17/2026	<b>Mood Management 1: Thoughts</b>	1:00 PM
6/18/2026	<b>Finding Gratitude in Our Everyday Lives</b>	8:00 AM
6/18/2026	<b>Mindfulness 2: Mindfulness of Breath and Body</b>	10:00 AM
6/19/2026	<b>Yoga as a Coping Tool: What to Do When You Feel Overwhelmed*</b>	12:00 PM
6/22/2026	<b>Coping with Parental Guilt, Burnout, and the Pressure to Do It All</b>	1:00 PM
6/23/2026	<b>Improving Sleep</b>	3:00 PM
6/24/2026	<b>Tobacco and Nicotine Cessation and Relapse Prevention Support Huddle</b>	3:00 PM
6/25/2026	<b>Navigating Social Anxiety*</b>	9:00 AM
6/26/2026	<b>Mindfulness 3: Mindfulness of Thoughts and Emotions</b>	11:00 AM
6/26/2026	<b>Relaxation Techniques</b>	12:00 PM
6/29/2026	<b>Self-Care and Resiliency Building</b>	8:00 AM

## 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
6/3/2026	Guided Imagery Practice	11:00 AM
6/4/2026	Mindfulness Brief Practice	11:00 AM
6/5/2026	Guided Stretching Practice	8:00 AM
6/8/2026	Gratitude Brief Practice	1:00 PM
6/11/2026	Progressive Muscle Relaxation	11:00 AM
6/12/2026	Guided Breathing Practice	11:00 AM
6/18/2026	Guided Imagery Practice	1:00 PM
6/19/2026	Mindfulness Brief Practice	8:00 AM
6/19/2026	Posture Reset Practice	11:00 AM
6/22/2026	Guided Meditation Practice	8:00 AM
6/23/2026	Progressive Muscle Relaxation	12:00 PM
6/25/2026	Gratitude Brief Practice	8:00 AM
6/30/2026	Guided Meditation Practice	2:00 PM

## Webinars

Date	Title	Time
6/1/2026	School's Out: Getting Everyone Through Summer	1:00 PM
6/9/2026	Importance of Participating in Your Employer's Retirement Plan	1:00 PM
6/9/2026	Living Nicotine Free	8:00 AM
6/11/2026	Overwhelm: Coping with Stress and Fear	9:00 AM
6/12/2026	Parents: Navigating Overstimulation, Transitions, and Emotional Regulation in Children*	8:00 AM
6/15/2026	When Someone You Love Has Alzheimer's*	10:00 AM
6/16/2026	A Whole Health Lifestyle Approach to Maximize GLP-1 Medications	8:00 AM
6/17/2026	Cancer Lifestyle Support: Healthy Habits for Day-to-Day Challenges	8:00 AM
6/17/2026	Estate Planning and the Documents Everyone Should Have	9:00 AM
6/23/2026	Coping with Grief and Loss	9:00 AM
6/24/2026	Brain Health: Everyday Habits for a Healthier Mind*	8:00 AM
6/29/2026	Mental Health in the LGBTQIA+ Population	11:00 AM
6/30/2026	Finances of Purchasing a New Home	9:00 AM



**24/7** Live Assistance

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➔ Scan for more resources

