

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 Mountain and are subject to change.**



Huddles cont.

Date	Title	Time
5/8/2026	Helping Your Kids Maintain and Understand the Importance of Friendships*	12:00 PM
5/11/2026	Mindfulness 2: Mindfulness of Breath and Body	11:00 AM
5/12/2026	Back Care 101	11:00 AM
5/12/2026	Self-Care and Resiliency	11:00 AM
5/14/2026	Mindful Movement	11:00 AM
5/14/2026	The Power of Food: Simple Steps to an Anti-Inflammatory Diet	8:00 AM
5/15/2026	Coping with Uncertainty	8:00 AM
5/15/2026	Setting Healthy Boundaries*	1:00 PM
5/19/2026	Living Nicotine Free	11:00 AM
5/20/2026	Improving Sleep	8:00 AM
5/20/2026	Mood Management 1: Thoughts	9:00 AM
5/21/2026	Building Self-Compassion	8:00 AM
5/22/2026	Mindfulness 3: Mindfulness of Thoughts and Emotions	12:00 PM
5/26/2026	Self-Care and Resiliency	11:00 AM
5/27/2026	Tobacco and Nicotine Cessation and Relapse Prevention Support Huddle	11:00 AM
5/28/2026	Improving Sleep	11:00 AM
5/28/2026	Supporting Children Through Anxiety, Stress, and Depression	8:00 AM
5/29/2026	Mood Management 2: Behaviors	9:00 AM
5/29/2026	Trigger to Triumph	12:00 PM

Alliances

Date	Title	Time
5/8/2026	Neurodivergent Alliance	9:00 AM
5/12/2026	Caregiver Alliance	9:00 AM
5/13/2026	Men's Alliance	12:00 PM
5/18/2026	LGBTQIA+ Alliance	9:00 AM
5/21/2026	Hispanic Alliance	10:00 AM
5/22/2026	Cancer Alliance	9:00 AM
5/26/2026	Black Alliance	1:00 PM

Huddles

Date	Title	Time
5/4/2026	DEIB: Supporting Mental Health for Asian Americans	11:00 AM
5/5/2026	Menopause 101	11:00 AM
5/6/2026	Creativity for Self-Care	11:00 AM
5/6/2026	Relaxation Techniques	8:00 AM
5/7/2026	Mindfulness 1: Introduction to Mindfulness	8:00 AM
5/7/2026	Relaxation Techniques	11:00 AM

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



Practices

Date	Title	Time
5/5/2026	Guided Imagery Practice	12:00 PM
5/6/2026	Progressive Muscle Relaxation Practice	1:00 PM
5/8/2026	Guided Stretching Practice	11:00 AM
5/11/2026	Mindfulness Brief Practice	8:00 AM
5/12/2026	Progressive Muscle Relaxation Practice	8:00 AM
5/13/2026	Gratitude Brief Practice	11:00 AM
5/14/2026	Guided Meditation Practice	1:00 PM
5/15/2026	Guided Breathing Practice	11:00 AM
5/19/2026	Guided Imagery Practice	9:00 AM
5/20/2026	Gratitude Brief Practice	12:00 PM
5/22/2026	Posture Reset Practice	11:00 AM
5/27/2026	Guided Meditation Practice	8:00 AM
5/29/2026	Mindfulness Brief Practice	11:00 AM

Webinars

Date	Title	Time
5/1/2026	Neurodiversity: Building Environments That Work	10:00 AM
5/1/2026	Overwhelm: Coping with Stress and Fear	8:00 AM
5/4/2026	Combat Boots to Business Shoes: Thriving After Military Service	10:00 AM
5/5/2026	10 Strategies for Improving Your Finances	9:00 AM
5/13/2026	Hiring an Attorney	9:00 AM
5/18/2026	Changing Your Mindset about Aging	1:00 PM
5/18/2026	Women's Health Panel	11:00 AM
5/20/2026	A Whole Health Lifestyle Approach to Maximize GLP-1 Medications	11:00 AM
5/21/2026	Caregiving Essentials: Long-Term Care Planning and Advocacy	9:00 AM
5/26/2026	Combining Finances	9:00 AM
5/28/2026	Coping with Trauma	9:00 AM



24/7 Live Assistance

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