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Hi everyone! I hope you and your families are doing well. I have some new resources to share.

The U-M Faculty and Staff Counseling and Consultation Office is offering the following support groups:

- Managing Change and Transitions in Difficult Times
- Working from Home Strategies and Skills
- All Aboard the Struggle Bus: Working From Home with Young Children
- Managing Stress & Building Resilience

More information is at: [https://hr.umich.edu/about-uhr/uhr-news/now-choose-4-virtual-support-groups?utm\\_source=UHR+News&utm\\_campaign=3679412a54-RSS\\_EMAIL\\_CAMPAIGN&utm\\_medium=email&utm\\_term=0\\_b799314293-3679412a54-63115205](https://hr.umich.edu/about-uhr/uhr-news/now-choose-4-virtual-support-groups?utm_source=UHR+News&utm_campaign=3679412a54-RSS_EMAIL_CAMPAIGN&utm_medium=email&utm_term=0_b799314293-3679412a54-63115205).

The U-M Department of Psychiatry is also offering resources at: <https://medicine.umich.edu/dept/psychiatry/michigan-psychiatry-resources-covid-19>.

Please let me know if you know of other helpful resources or if you need help with something.

Stay safe and be well!  
Pennie  
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