

Introducing ComPsych® Huddles

Online Groups for your Well-Being Journey

Everyone's health and well-being journey is different. We each have our own individual preferences and care needs. Sometimes, however, our own journeys can benefit from the support and insights of a community of individuals with similar interest and well-being goals. That's what ComPsych® Huddles are all about.

ComPsych® Huddles are interactive online groups focused on education, skill building and peer connection. They provide a space to learn and grow in ways meaningful to our own journeys while helping others to do the same. Huddles cover a range of well-being topics, including:

- Self-Care and Resiliency
- Everyday Mindfulness
- Relaxation Techniques
- Improving Sleep
- Nutrition 101
- Personalize Your Physical Activity
- Mood Management
- And more

Huddles are led by our highly experienced staff of licensed counselors and certified well-being coaches who offer evidenced-based information on the topic. They also lead participants in discussions and offer live skill-building practices when appropriate. Participants are encouraged to share experiences and helpful tips with others in the Huddle.

Huddle Up!

Participants can view the calendar of pre-scheduled upcoming Huddles on GuidanceResources® Online or the GuidanceNowSM app and self-register for topics that resonate with them. To join a session:

- 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.)
- Scroll down to the Additional Tools & Resources section
- Click on the Digital Tools tile and choose Online Huddles
- The following page displays the event and registration calendar with options to select and register for your session

Everyone's journey is different. Huddles are here to help you on yours.

COMPSYCH®
GuidanceResources® Worldwide



24/7 Live Assistance:
Call: 833-743-8183
TRS: Dial 711



Online: guidanceresources.com
App: GuidanceNowSM
Web ID: ECUFASAP

