

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.**



Huddles cont.

Date	Title	Time
4/14/2026	Mindfulness 1: Introduction to Mindfulness	10:00 AM
4/15/2026	Mindful Movement	7:00 AM
4/15/2026	Managing Loneliness	10:00 AM
4/16/2026	Creativity for Self-Care	7:00 AM
4/17/2026	Building Self-Compassion	12:00 PM
4/20/2026	Mindfulness 2: Mindfulness of Breath and Body	7:00 AM
4/21/2026	Understanding Big Feelings in Little Bodies	2:00 PM
4/22/2026	Relaxation Techniques	7:00 AM
4/22/2026	Parenting: Strengthening Attachment Through Everyday Moments*	11:00 AM
4/23/2026	Mindful Eating	10:00 AM
4/24/2026	Mindfulness 3: Mindfulness of Thoughts and Emotions	8:00 AM
4/27/2026	Preventing Burnout: Sustainable Self-Care for Busy Lives*	10:00 AM
4/27/2026	Improving Sleep	2:00 PM
4/28/2026	Self-Care and Resiliency	7:00 AM
4/29/2026	Improving Sleep	7:00 AM
4/29/2026	Tobacco and Nicotine Cessation and Relapse Prevention Support Huddle	10:00 AM
4/30/2026	Strength Training 101	10:00 AM

Alliances

Date	Title	Time
4/1/2026	Black Alliance	1:00 PM
4/8/2026	LGBTQIA+ Alliance	11:00 AM
4/10/2026	Women's Alliance	1:00 PM
4/16/2026	Healthcare Workers Alliance	1:00 PM
4/17/2026	First Responder Alliance*	11:00 AM

Huddles

Date	Title	Time
4/1/2026	Menopause 101	10:00 AM
4/2/2026	Mindfulness 1: Introduction to Mindfulness	5:00 PM
4/3/2026	Relaxation Techniques	2:00 PM
4/6/2026	The Power of One-on-One: Reconnecting with Each Child	11:00 AM
4/7/2026	Nutrition 101	1:00 PM
4/8/2026	Mood Management 1: Thoughts	1:00 PM
4/9/2026	Finding Gratitude in Our Everyday Lives	1:00 PM
4/14/2026	Mood Management 2: Behaviors	10:00 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
4/3/2026	Guided Stretching Practice	10:00 AM
4/7/2026	Gratitude Brief Practice	10:00 AM
4/10/2026	Posture Reset Practice	10:00 AM
4/12/2026	Mindfulness Brief Practice	1:00 PM
4/13/2026	Progressive Muscle Relaxation Practice	1:00 PM
4/15/2026	Guided Imagery Practice	3:00 PM
4/17/2026	Gratitude Brief Practice	1:00 PM
4/21/2026	Guided Meditation Practice	1:00 PM
4/22/2026	Progressive Muscle Relaxation Practice	11:00 AM
4/24/2026	Guided Breathing Practice	1:00 PM
4/28/2026	Guided Imagery Practice	1:00 PM
4/29/2026	Guided Meditation Practice	11:00 AM
4/30/2026	Mindfulness Brief Practice	10:00 AM

Webinars

Date	Title	Time
4/2/2026	DEIB: Mental Health Needs for Persons who are Deaf and Hard Hearing	12:00 PM
4/9/2026	Managing Personal Finances	11:00 AM
4/13/2026	Protecting Children from Sexual Abuse*	12:00 PM
4/15/2026	Planning for "I Do": Understanding the Legal Aspects of Marriage*	11:00 AM
4/20/2026	Living Nicotine Free	1:00 PM
4/20/2026	Journaling and Writing for Personal Growth*	3:00 PM
4/21/2026	A Whole Health Lifestyle Approach to Maximize GLP-1 Medications	10:00 AM
4/23/2026	Overwhelm: Coping with Stress and Fear	3:00 PM
4/27/2026	Coping with Grief and Loss	11:00 AM
4/28/2026	Are You Financially on Track for Retirement?*	11:00 AM



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➔ Scan for more resources

