



FSAP 2009 FALL SUPPORT & SKILLS GROUPS

The Faculty Staff Assistance Program will be offering the following Support & Skills Groups for all Emory University and Emory Healthcare employees:

•**Grief and Loss Support Group**- This group will provide information and support regarding the grief process, including the stages and emotional process of grief. The group will meet weekly for 6 sessions from 4:00-5:30 p.m. beginning September 28, 2009. **All participants must contact FSAP for a pre-screening appointment to participate in this group no later than Friday, September 25, 2009.**

•**Anger Management Skills Group**- This group will provide practical information and techniques to help you manage your anger. Participants will learn about the cycle and causes of anger, and physiological and psychological responses during anger. The group will meet every other week for 6 sessions beginning Friday, October 9, 2009 from 1:00- 2:15 p.m. **All participants must contact FSAP for a pre-screening appointment to participate in this group no later than Friday, October 2, 2009.**

•**Stress-Less Skills Group**- This *new* group will provide practical information and techniques to help improve your responses to stress. Participants will learn about the stress cycle and development of a personalized stress reduction plan. The group will meet every other week for 6 sessions beginning Tuesday, September 22, 2009 from 4:00-5:30 p.m. **All participants must contact FSAP for a pre-screening appointment to participate in this group no later than Tuesday, September 16, 2009.**

* All Groups will meet at the Faculty Staff Assistance Program Conference Room. 1762 Clifton Rd. Suite 1100

For more information, call The Wellness Center at **404-727-WELL** or **404-727-4328**.



Faculty Staff Assistance Program
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