



Faculty Staff
Assistance Program
EMORY

news from FSAP

Grief and Loss Support Group

This **6-session support group** will provide information and support regarding the grief process, including the stages and emotional process of grief. Participants will have the opportunity to share personal challenges and learn new strategies for coping and creating meaning in life after the loss of a loved one.



Date: **Thursdays – October 3 through November 7, 2013**

Time: **4:00 p.m. - 5:30 p.m.**

Location: FSAP Main Office - Conference Room (1762 Clifton Rd, Suite 1100)

Registration Process: *All prospective participants **must contact FSAP at 404-727-4328 no later than Thursday, September 19, to schedule a pre-screening appointment.***

Transforming Anger and Conflict From the Inside Out

Does unresolved conflict or anger cause you problems at home or at work? If so, this group may be for you. This **8-session skills group** will provide practical information about the nature, triggers and responses to anger, as well as healthy strategies for transforming anger and resolving conflict effectively.

Date: **Tuesdays – October 15 through December 10, 2013** (will not meet November 26)

Time: **12:00 p.m. – 1:00 p.m.**

Location: FSAP Main Office - Conference Room (1762 Clifton Rd, Suite 1100)

Registration Process: *All prospective participants **must contact FSAP at 404-727-4328 no later than Tuesday, October 1, to schedule a pre-screening appointment.***



Groups are open to all Emory Healthcare and Emory University employees. Space is limited, so please contact FSAP as soon as possible.