



For faculty and staff who wish to flourish personally and professionally!

Join Us!



The main goal of this group is to establish a network of support and accountability for staff and Faculty interested in flourishing in their personal and professional lives.

During these uncertain times this is needed more than ever.

Each meeting discusses skills and strategies to maintain resilience and flourish while managing the many stressors we face.

For questions, please contact:
William Youngblood, LMFT
Faculty and Staff Assistance Program
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Zoom Meetings

Two options offered for February!

Thursday February 4,
12pm

[Register Here](#)

Thursday February 18,
12pm

[Register Here](#)