

Group support session topics

Topic Categories

Grief/Loss

Stress/Change

Loneliness

Relationships

Managing Without Mom and Dad

We never realized how important they were until we were faced with a challenge without them. Discuss how others cope with the absence of a parent.

Ninety Days with a New Baby

Whether it's the first, second, or third child, the first few months are wrought with change. Join other parents dealing with the joys and stresses of a new family member.

New Town, Just You

Moving to a new town is exciting. An opportunity to make new friends and new experiences. But it can be lonely too face a new town. Discuss how to enjoy life in a new town with just you.

Teenager Shouting Match

Parenting was never easy, but it sure does feel like a new challenge when your child can talk back. Join other parents as we address how to manage our independent teens.

Shift Change

Rough day? Use this time to get a difficult day off your chest so you can make the most of tomorrow and tonight.

Surviving, Not Thriving

Join others as we discuss getting the most out yourself vs. just focused on getting through the day.

Overthinking It

Patient care is rife with decisions that haunt us through the hours of the night. Connect with other physicians to discuss

Patience and Patients

Patient-centered care is hard to do. Join peers to discuss how we navigate and balance supporting high quality care with patient-centered demands.

Coworker Not Workin'

Ugh. We all get frustrated by our co-workers at times. Join others to discuss how we can better manage the relationships that take up most of our working day.

New and Confused

First year on the job? First decade? Sometimes it doesn't feel like there's a difference and other times it does. Join peers tackling the stress of a new role.

Loss – What is it good for?

Losing anyone – those we know and those we don't – is tough work. It's never easy, but it does help to connect with others dealing with this change.

Healthy and Stressed

We all have coping strategies – some good and some not so – join peers in talking through how to stay inspired to manage stress in a healthy manner