

OPW Connects: Peer Support Hour

PEER SUPPORT HOUR



In response to the many challenges we are currently facing, including the COVID-19 pandemic and ongoing racial injustice, we are introducing a peer support hour.

- **Time and Date: Every Second Thursday | 4:30-5:30PM, next meeting, August 12th.**
- **Zoom Link: [Join Here.](#) | Meeting ID: 972 798 9665
Passcode: 101794**

ORGANIZED BY



This effort is being led by the Office of Professional Wellbeing (OPW) to provide opportunities for colleagues to gather, support each other, and build community during this challenging time.

GOAL



This hour will be a time for anyone in the School of Medicine to come together, talk and share, support one another, get respite, and problem-solve issues that come up. This is not a training or presentation; rather, it is a time to share, learn, and demonstrate empathy and caring for one another.

Much of your hour will be spent in Community Circles, small groups that provide a sense of psychological safety and a predictable rhythm and routine. Each session will focus on a particular theme. Each participant gives and receives peer support, as everyone has an equal voice and can choose to share freely or pass as feels right in the moment

CONSIDER DROPPING IN IF....



- You'd like to connect more deeply with colleagues
- You've experienced challenges this past year
- You want to know how colleagues are handling the transition back to "in person"
- You're curious about ways of offering peer support