



## Creating Caring Communities

University of Cincinnati College of Medicine

Fall 2020

**Collaboration Amongst:** UC Center for Integrative Health and Wellness, UC COM Office of Student Affairs, UC COM Faculty Wellness Advisory Council, UC Medical Center Graduate Medical Education Wellness and Well-Being Committee.

**Planning Committee:** Drs. Sian Cotton, Laura Malosh, Heather Christensen, Jenn Molano, and Liz Leenellett

**Goals:** The purpose of Creating Caring Communities (CCC) is to help participants transition and thrive in this time of uncertainty and change. By creating an environment to connect with a small group of peers in a safe, authentic setting, participants are able to speak freely about how they are adjusting in these virtual times, to share challenges and joys, and to be there for each other.

As an adaptation of the UC Mind-Body Skills program, these virtual groups will be facilitated by trained faculty members and students/residents who have participated in the Mind-Body Skills program. All facilitators (faculty, staff, residents, and students) will be trained by current Mind-Body Skills faculty facilitators, Drs. Sian Cotton, Jenn Molano, and Heather Christensen, in a 90-minute virtual session introducing guidelines and framework.

**Questions** can be directed to:

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For General Program Questions/Comments: [Susan.Mcdonald@uc.edu](mailto:Susan.Mcdonald@uc.edu)

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