

Hope. Connection. Skills.

Employee Consultation Services (ECS) Support Groups

Support Group Benefits

Feeling less lonely & isolated - Gaining a sense of empowerment and control - Improving your coping skills - Talking openly and honestly about your feelings - Reducing distress, depression, anxiety or fatigue - Developing a clearer understanding of what to expect with your situation - Getting practical advice or information about treatment options - Sharing information and resources.

Eligibility: The groups are open to all Department of State/USAID employees as well as contractors and interns.

Locations: Columbia Plaza: SA-1 – Room H236 – 2nd Floor, 2401 E Street – Washington, DC 20520

Ralph Bunche Library Rare Book Room, Room 3239, HST, 2201 C Street Washington DC 20520

ECS Contact Information: Email-MEDECS@state.gov; Phone-703-812-2257

Cancer Support

Join our caring group and find support, explore ways of coping with the stress of a cancer diagnosis and treatment, and learn how to be active in enhancing your health and well-being. This group is open to any employee who has experience cancer in their lives.

Second Wednesday – 12:00- 1:00 pm – Room 3239 – Ralph Bunche Library - HST

Facilitator: Ms. Kristin Scholl, LCSW, CEAP - Email: SchollKE@state.gov

Divorce/Separation Support

Do not go through a separation or divorce alone! This is a friendly, caring group of people who will walk alongside you through one of life's most difficult experiences. This group is open to any employee who is at any stage of the separation or divorce process.

Third Tuesday – 12:00-1:00 pm –Room 3239 – Ralph Bunche Library HST - Main State

Facilitator: Ms. Paulette Baldwin, LCSW-C, CEAP – Email: BaldwinPD@state.gov

Eldercare Support

Elder care support can be lifelines for caregivers who are dealing with the problems of caring for seniors, especially if they are physically and mentally disabled and housebound. Join our caring group! Open to any employee who is in need of support regarding eldercare for a significant other.

First Tuesday – 12:00-1:00 pm - Columbia Plaza – SA1

Facilitator: Ms. Jacqueline Pouncy-Smith, LCSW, ACSW, BCD, CEAP – Email: PouncySmithJX@state.gov

Friends and Family Affected by Mental Illness.

Mental illness does not discriminate, but sometimes people do. If you have a family member or someone you care about living with mental illness, you are not alone. The purpose of this monthly support group is to discuss shared experiences, coping strategies, and mental health resources. #Endstigma

Fourth Tuesday. 12:00-1:00 pm. – Room 3239, Ralph Bunche Library, HST

Facilitator: Ms. Christiana Montminy, LICSW, BCD, CEAP – Email: MontminyC@state.gov

Grief Support

The death of a loved one can be one of the most challenging experiences we face as we journey through life. Grief is universal and can leave one feeling overwhelmed. Join us in a grief support group so you can share feelings, exchange coping strategies, resources and with the support of others who are also grieving. This group is open to all who have lost a love one.

Last Wednesday – 12:00-1:00 pm – Ralph Bunche Library – HST

Facilitator: Ms. Kristin Scholl, LCSW, CEAP - Email: SchollKE@state.gov

Mindfulness@Work

This group is designed to help reduce stress, discuss benefits and build core strength in the practice of mindfulness to enhance work/life balance.

First Wednesday of the Month – 12:00-1:00 pm – Harry S. Truman (Main State) –

Facilitator: Ms. Paulette Baldwin, LCSW-C, CEAP - Email: BaldwinPD@state.gov