**A Focus on Family – Special Edition of Group Talk – 5 31 22**

[In this edition of Group Talk](https://us1.campaign-archive.com/?u=b555edad97c5f2cca56b56b20&id=c4e2063781):

**Dr. Schaal: Family First**  
“Each quarter, we release a special edition of Group Talk that focuses entirely on a singular theme. We aim to choose a topic that fuels your soul and inspires you, while addressing a subject of importance and relevance. We continue our tradition today with a topic that is closest to all of our hearts – our families. Whether the people surrounding us are our chosen families or our work families, all of our family members affect us. They impact our well-being and our livelihood, and our ability to focus on other things. If our families need us, our heads and our hearts are with them.” Read more from Dr. Schaal about the abundance of resources UMass Memorial Medical Group offers to help you care for your families – both at work and at home.

**Thom Ward: Support Leads to Satisfaction**“Our caregivers give everything they have to their patients, their colleagues and their families at home. That can leave them with little to no time to focus on themselves and their own needs. For the physician just starting out who may be looking for development opportunities, the mid-level faculty member who is wondering about their next step, or the provider who is starting to consider retirement, UMass Memorial offers professional services to get your started without the need to spend hours searching for resources.” In this article, Thom, connects you to the support available to you and your families.

**Kathleen LeBlanc: Helping Hands for All Ages and Stages**“As our families grow and change, their needs grow and change as well. Trying to balance work and home life is challenging no matter which way you slice it. From babysitters to tutors to college planning and finding safe care for your older parents, this is one juggling act that cannot be done alone. Trying to find resources to cover all of your family’s needs while ensuring everyone stays happy, healthy and out of harm’s way is no easy task. Thankfully, you’re not alone!” Hear from Kathleen about how to access assistance from UMass Memorial’s many partners.

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