

**FREE**

# groups & workshops

*Gain useful mental health and wellness skills with others.*



[bit.ly/CAPS-Support](https://bit.ly/CAPS-Support)

## TOPICS INCLUDE:

- Anxiety & depression
- Coping skills & mindfulness
- Identify-based support groups
- Art, gaming, and social support  
*...and more!*



**CAMPUS  
HEALTH**

Counseling & Psych Services