

FALL 2020 CAPS GROUP SCHEDULE

Whatever you're going through, you don't have to do it alone.

*CAPS groups are meeting online by HIPAA-compliant video conference. Check each group's web page for more details.

*Groups are \$10 per group session unless otherwise specified.

*Groups marked "drop-in" can be attended by any student without seeing a CAPS provider first. Students must first meet with a CAPS provider to join all other groups.

MONDAY

3-4 pm
Gender Spectrum

4-5 pm
Students in
Isolation Free
Support Group

New RIO and Peace in the Pandemic Workshop sessions are also starting throughout the semester. Meet with a CAPS provider or call 520-621-3334 to find out more.

TUESDAY

8:30-9 am
Guided Meditations
Free Drop-In Group

2-3 pm
Students of Color
Free Drop-In Group

3-4 pm
CEDAR
(Campus Eating
Disorder Awareness &
Recovery)

3:30-4:30 pm
Tips for Better Sleep
Workshop
Offered: 9/15, 10/13,
11/17, and 12/10.

4-5:30 pm
LGBTQIA Support
Group
Free Drop-In Group

WEDNESDAY

11-11:30 am
Free Mindful Moment
for Students in Isolation
led by the Mindful
Ambassadors

4-5 pm
Attention Management
Program (AMP)

4-5:30 pm
Making Sense of It
All

5:30-6:30 pm
The Art of Thriving as
a Grad Student

THURSDAY

8:30-9 am
Guided Meditations
Free Drop-In Group

11 am - noon
Students of Color
Free Drop-In Group

2-3:30 pm
Grad Student
Support Group

3-4:30 pm
Free Survivor
Support Group

FRIDAY

4-5 pm
Students in
Isolation Free
Support Group