

Spring 2019 CAPS Groups & Workshops

Website: health.arizona.edu/caps-groups-workshops Phone: 520-621-3334

	Monday	Tuesday	Wednesday	Thursday	
12:00 PM			12-1pm Feeling Good In Grad School (3/27/19 Only) Free Workshop @ Grad Center, 1600 E 1st Street, Rm 4		
12:15 PM					
12:30 PM					
12:45 PM					
01:00 PM		1-2:30pm Graduate Student Support Group @ Main Clinic (Wilson)	1-2:30pm (3/13, 3/21, 3/27, 4/3) Attention Management Program (AMP) 4-Week Workshop Series @ Main Clinic (May & Gaffney)		
01:15 PM					
01:30 PM					
01:45 PM					
02:00 PM					
02:30 PM					
02:45 PM					
03:00 PM	3-4pm Gender Spectrum Support Group @ Main Clinic			3-4:30 pm (4/4, 4/11, 4/18, 4/25) Attention Management Program (AMP) 4-Week Workshop Series @ Main Clinic (May & Gaffney)	
03:15 PM			3:15-4:30pm Staying On Track Coping Skills Group @ Yuma Hall (Belknap)		3:30-5pm Graduate Student Support Group @ Main Clinic (Couthran)
03:30 PM	3:30-4:45pm Staying On Track Coping Skills Group @ Main Clinic (Cunningham)	3:30-4:45pm Staying On Track Coping Skills Group @ Yuma Hall (Ralph)	3:15-4:30pm Finding Your Center Workshop @ Main Clinic (Klatte)		
03:45 PM					
04:00 PM		4-5:30pm (free) LGBTQIA Drop-In Support Group @ Memorial Student Union, Room 412	4-5 pm C.E.D.A.R. Group @ Main Clinic (Courtney)		
04:30 PM					
04:45 PM					
05:00 PM		5-6pm Happy Sessions Workshop Series (3/19, 3/26, 4/2, 4/9) @ Yuma Hall	5-6pm Perform Under Pressure (2/27 & 4/10) Free Test Anxiety Workshop @ Science and Engineering Library room 311 (Ralph)		
05:15 PM					
05:30 PM					
05:45 PM					

2019 Spring - CAPS COUNSELING GROUPS & WORKSHOPS
health.arizona.edu/caps-groups-workshops

MONDAY

3-4PM GENDER SPECTRUM SUPPORT GROUP Location: CAPS Main Clinic Cost: \$5/group

Support, therapy, and education for U of A students dealing with gender identity. You may request to join the group at any time

3:30-4:45PM STAYING ON TRACK, COPING SKILLS GROUP Location: CAPS Main Clinic Cost: \$5/group

A 4-week program helping students learn effective strategies for staying on track in college, setting and reaching goals, managing anxiety and depression, communicating better, and solving problems. You may request to join the group at any time

TUESDAY

1-2:20PM GRADUATE STUDENT SUPPORT GROUP Location: CAPS Main Clinic Cost: \$5/group

This group is supportive in nature where graduate students are given a safe and confidential space to talk about various stressors and experiences related to being a graduate student at U of A. You may request to be referred to the group at any time

3:30-4:45PM STAYING ON TRACK-COPING SKILLS GROUP Location: Yuma Hall Satellite Clinic Cost: \$5/group

A 4-week program helping students learn effective strategies for staying on track in college, setting and reaching goals, managing anxiety and depression, communicating better, and solving problems. You may request to join the group at any time

4-5PM C.E.D.A.R. (Campus Eating Disorder Awareness and Recovery) Location: CAPS Main Clinic Cost: \$5/group

This group is open to U of A students seeking support, education, and therapy around the subjects of eating disorders, disordered eating, and body image. The group will focus on self-compassion, body image, and making positive changes. Join anytime.

4-5:30PM LGBTQIA SUPPORT GROUP Location: Memorial Student Union, Room 412 FREE

Talk in an open, supportive environment about issues impacting life and the LGBTQIA and allied community. You may drop in any time.

5-6PM HAPPY SESSIONS WORKSHOPS (3/19, 3/26, 4/2, 4/9) Location: Yuma Hall Satellite Clinic Cost: \$5/group

A 4-week workshop series about increasing happiness, building self-confidence, and finding success in school. You can join at any time but will get most out of the group if you join at the start date of each series. Please request to be referred to the group.

WEDNESDAY

12-1PM: 3/27/19 only **FEELING GOOD IN GRAD SCHOOL WORKSHOP WITH THE THINK TANK** **FREE**

The pressures of grad school are real, but there is a way to get through it feeling *good*. Learn how in this workshop.

Location: Graduate Center, 1600 E 1st St. (on the corner of 1st and Cherry), room 4. Drop in-no referral or registration needed.

1-2:30PM

ATTENTION MANAGEMENT PROGRAM (AMP) WORKSHOP (3/13, 3/20, 3/27, 4/3) Location: CAPS Main Clinic Cost: \$5/group

A 4-week workshop about managing the unique symptoms of Adult ADHD. AMP presents evidence-based strategies from mindfulness and Cognitive-Behavioral approaches that will help you improve your attention capacity and productivity. Please request to be referred.

3:15-4:40PM FINDING YOUR CENTER WORKSHOP Location: CAPS Main Clinic Cost: \$5/group

The goal of the group is to equip you with the skills to find your center-- to better know yourself, understand yourself, to stand your ground, speak your truth and to weather the storm. Consists of coping skills training on the following topics: Mindfulness (self-awareness), Interpersonal Effectiveness, Distress Tolerance (crisis survival skills), Emotion Regulation Skills. Request to be referred.

3:15-4:30PM STAYING ON TRACK, COPING SKILLS GROUP Location: Yuma Hall Satellite Clinic Cost: \$5/group

A 4-week program helping students learn effective strategies for staying on track in college, setting and reaching goals, managing anxiety and depression, communicating better, and solving problems. You may request to join the group at any time

5-6PM (2/27 & 4/10) PERFORM UNDER PRESSURE--TEST ANXIETY WORKSHOP W/ THINK TANK FREE

Location: Science and Engineering Library room 311

Test anxiety is a performance anxiety that creates a vicious cycle of anxiety during class, study, and test-taking. Learn performance science tips to help you break the cycle! No referral needed.

THURSDAY

3:30-5PM GRADUATE STUDENT SUPPORT GROUP Location: CAPS Main Clinic Cost: \$5/group

This group is supportive in nature where graduate students will be given a safe and confidential space to talk about their various stressors and experiences related to being a graduate student at U of A. You may request to be referred to the group at any time

3-4:30PM

ATTENTION MANAGEMENT PROGRAM (AMP) WORKSHOP (3/13, 3/20, 3/27, 4/3) Location: CAPS Main Clinic Cost: \$5/group

A 4-week workshop about managing the unique symptoms of Adult ADHD. AMP presents evidence-based strategies from mindfulness and Cognitive-Behavioral approaches that will help you improve your attention capacity and productivity. Please request to be referred. (3/5/19 LR)