

All groups cost \$10 unless otherwise specified.
For more group information, visit health.arizona.edu/caps-groups-workshops

CAPS MAIN

FALL 2019 CAPS Counseling Groups & Workshops: CAPS MAIN

Phone: 520-621-3334

MONDAY

3:30-4:45 p.m. Understanding Self & Others (Amy Cunningham)

Practice new ways of connecting with others and viewing yourself through group feedback and support. Starts 9/16, rolling enrollment.

TUESDAY

3-4 p.m. Calm Body, Calm Mind (Leslie Ralph)

A 4-week workshop series for anxiety and panic. Starts 9/3, rolling enrollment, series repeats all semester.

4-5:30 p.m. LGBTQIA Free Support Group *Meets at the Student Union, room 412. (Kelly Kurtz)

Talk in an open and supportive environment about issues impacting their lives and the LGBTQIA and allied community. Starts 8/27, rolling enrollment.

4-5 p.m. Campus Eating Disorder Awareness and Recovery Group (CEDAR) (Jan Courtney)

Support, education, and therapy around the subjects of eating disorders, disordered eating, and body image. Starts 9/10, rolling enrollment.

5-6 p.m. Happy Sessions (Leslie Ralph)

A 4-session workshop series about the science of happiness and self-confidence. Happy sessions will occur twice in the fall: Series 1: 9/17, 9/24, 10/1, 10/8; Series 2: 11/5, 11/12, 11/19, 11/26. Attend as many sessions as you like, rolling enrollment.

WEDNESDAY

4:15-5:45 p.m. Life as a Grad Student: Strategies for Inner Balance (Anne Gallenstein)

On-the spot practices to deal with stress, enhance enjoyment, and build lifelong skills. Starts 9/25, rolling enrollment. Drop-ins welcome.

3:30-4:30 p.m. Waking Up From Depression *Meets at the Yuma hall satellite. (Leslie Ralph)

A 4-week workshop series about managing depression in college. Starts 9/4, rolling enrollment, series repeats all semester.

THURSDAY

3:30-4:45 p.m. Finding Your Center (Cindy Klatte)

9-week group about coping skills for difficult life circumstances. Starts 9/26. Join at the start of each module.

Tools for Triumph FREE Workshop Series

- **Tips & Tricks for Better Sleep Workshop.** 5-6pm 10/2 and 11/20. Yuma hall. (Erica Granillo)
- **Perform Under Pressure: Test Anxiety Workshop.** 5-6 pm 10/9 and 11/13. Integrated Learning Center, student union room 151(Leslie Ralph)
- **Feeling Good in Grad School Workshop.** 12:00-12:45 at the Graduate Center, Office Suite 12 at 1600 E 1st Street. 10/9 and 12/4. (Leslie Ralph)

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CAPS NORTH

FALL 2019 CAPS Counseling Groups & Workshops: CAPS NORTH

phone: 520-626-3100

MONDAY

Attention Management Program (AMP) (Sarah May and Joel Gaffney)

A 4-week ADHD workshop series about improving your attention capacity and productivity. AMP will repeat twice in the Fall: **AMP 1:** Mondays, 9/16, 9/23, 9/30, 10/7 - 2-3:30 p.m. | **AMP 2:** Mondays, 10/21, 10/28, 11/4, 11/18 - 2-3:30 p.m.

3-4 p.m. Gender Spectrum Support Group (Martie van der Voort)

Support, therapy, and education group for UA students dealing with gender identity questions and concerns. Starts 8/26, rolling enrollment.

5-6:15 p.m. Understanding Self and Others (Mary Belknap)

Practice new ways of connecting with others and viewing yourself through group feedback and support. Starts 9/23, rolling enrollment.

6-7:15 p.m. Yoga to Improve Your Sleep Workshop (Minnie Almader)

Yoga to de-stress at the end of a busy day. Meets: 10/7, 10/14, 10/21, 10/28. Rolling enrollment.

TUESDAY

4-5:30 p.m. Grad Student Understanding Self & Others (Joel Gaffney)

Practice new ways of connecting with others and viewing yourself through group feedback and support. Start date TBA. *Referral from a CAPS provider and meeting with the group facilitator required to join.

WEDNESDAY

3:30-4:45 p.m. Adulting is Hard: Strategies + Support for Life in College (Mia Zamora)

Strategies and support to tackle the emotional and logistical challenges of college and living life on your own. Open to all students. Starts 10/2, rolling enrollment.

10:00-11:15 a.m. Women in Doctoral Programs Grad Student Support Group (Jennifer Wilson)

Meet up with other graduate students and a CAPS counselor for weekly support regarding unique challenges of grad school and other important life areas. Starts 8/29. *Referral from a CAPS provider and meeting with the group facilitator required to join.

3:15-4:30 p.m. Mixed-Level Coed Grad Student Support Group (Jennifer Wilson)

Meet up with other graduate students and a CAPS counselor for weekly support regarding unique challenges of grad school and other important life areas. Starts 8/29. *Referral from a CAPS provider and meeting with the group facilitator required to join.

THURSDAY

3:30-4:45 p.m. Build Your Social Confidence (Kelly Kurtz)

6-week group for overcoming social anxiety (and having fun doing it). Meets: 9/26, 10/10, 10/17, 10/24, 10/31, 11/7 *optional pre-information session 9/19 from 3:30-4:45.

5-6:15 p.m. Understanding Self & Others (Mary Belknap)

Practice new ways of connecting with others and viewing yourself through group feedback and support. Starts 10/3/19, rolling enrollment.25