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

FALL 2019 CAPS Counseling Groups & Workshops: CAPS MAIN
Phone: 520-621-3334

MONDAY
3:30-4:45 p.m. Understanding Self & Others
Practice new ways of connecting with others and viewing yourself group feedback and support. Starts 9/16, rolling enrollment.

TUESDAY
3-4 p.m. Calm Body, Calm Mind
A weekly workshop and support group series for anxiety and panic. Starts 9/3, rolling enrollment.

4-5:30 p.m. LGBTA Free Support Group *Meets at the Student Union, room 412.
Talk in an open and supportive environment about issues impacting their lives and the LGBTA and allied community. Starts 8/27, rolling.

4-5 p.m. Campus Eating Disorder Awareness and Recovery Group (CEDAR)
Support, education, and therapy around the subjects of eating disorders, disordered eating, and body images. Starts 9/10, rolling.

5-6 p.m. Happy Sessions
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.

WEDNESDAY
4:30-5:30 p.m. Life as a Grad Student: Strategies for Inner Balance
On-the-spot practices to deal with stress, enhance enjoyment, and build lifelong skills. Starts 9/18, rolling. Drop-ins welcome.

THURSDAY
3:15-4:30 p.m. Finding Your Center
9-week group about coping skills for difficult life circumstances. Starts 9/26. Join at the start of each module.

Yuma Hall Satellite

WEDNESDAY
3:30-4:30 p.m. Waking Up From Depression
A weekly workshop and support group series about managing depression in college. Starts 9/4.

5-6 p.m. Tools for Triumph FREE Workshop Series:
All groups cost $10 unless otherwise specified.
For more group information, visit health.arizona.edu/caps-groups-workshops

FALL 2019 CAPS Counseling Groups & Workshops: CAPS NORTH
phone: 520-626-3100

MONDAY

Attention Management Program (AMP)
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
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
Practice new ways of connecting with others and viewing yourself group feedback and support. Starts 9/23, rolling enrollment.

6-7:15 p.m. Yoga to Improve Your Sleep Workshop.
Yoga to de-stress at the end of a busy day. Meets: 10/7, 10/14, 10/21, 10/28. Rolling enrollment.

TUESDAY

4-6 p.m. Grad Student Understanding Self & Others
Practice new ways of connecting with others and viewing yourself group feedback and support. Start date to be determined. *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
Strategies and support to tackle the emotional and logistical challenges of college and living life on your own. Open to all students. Starts 9/18, rolling enrollment.

10:00-11:15 a.m. Women in Doctoral Programs Grad Student Support Group
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
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
6-week group for overcoming 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
Practice new ways of connecting with others and viewing yourself group feedback and support. Starts 10/3/19, rolling enrollment.