

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

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. LGBTQIA Free Support Group *Meets at the Student Union, room 412.

Talk in an open and supportive environment about issues impacting their lives and the LGBTQIA 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:

- **Tips & Tricks for Better Sleep Workshop.** Meets 10/2 and 11/20.
- **Perform Under Pressure: Test Anxiety Workshop.** Meets 10/9 and 11/13.
- **Feeling Good in Grad School Workshop.** Meets 10/16 and 12/4.

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CAPS NORTH

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.