SPRING 2020 CAPS Counseling Groups & Workshops: CAPS MAIN
Phone: 520-621-3334

*Groups will not meet during spring break*

**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. Rolling enrollment.

**TUESDAY**

3-4 p.m. Calm Body, Calm Mind (Leslie Ralph)
A 4-week workshop series for anxiety and panic. Rolling enrollment, series repeats all semester.

4-5:30 p.m. LGBTQIA Free Drop-In 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.

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. Rolling enrollment.

5-6 p.m. Relationship S.O.S. (Diana Lohr and Alexa Chandler)
Learn your relationship patterns, recognize traps, and learn strategies for starting and keeping healthy relationships. This group applies to any of your relationships including romantic partners, friends, family, and roommates. Meets: 2/4, 2/11, 2/18, 2/25, and 3/3.

**WEDNESDAY**

10:00-11:30 a.m. Women in Doctoral Programs Grad Student Support Group *Meets at the Yuma hall satellite. (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.  *Referral from a CAPS provider and meeting with the group facilitator required to join.*

3:15-4:30 p.m. Finding Your Center (Cindy Klatte)
9-week group about coping skills for difficult life circumstances. Starts 2/12. Join at the start of each module.

5-6 p.m. Thriving as a Grad Student: Strategies for Inner Balance (Anne Gallenstein)
On-the-spot practices to deal with stress, enhance enjoyment, and build lifelong skills. Drop-ins welcome.

4-5 p.m. Waking Up From Depression *Meets at the Yuma hall satellite. (Leslie Ralph)*
A 4-week workshop series about managing depression in college. Rolling enrollment, series repeats all semester.

4-5 p.m. Tips & Tricks for Better Sleep Workshop. *Meets at the Yuma hall satellite. (Erica Granillo). Join others who struggle with sleep to find new tips and tricks to getting better sleep. Meets: 2/26 and 4/15.

**THURSDAY**

11:00 a.m. -12:30 p.m. All Grad Students Support Group *Meets at the Yuma hall satellite. (Martie van der Voort)*
Find comfort, shared experience, and some grad hacks with supportive peers. Rolling enrollment.

3-4:30 p.m. Healing After Sexual Assault (Lauri Mills)
A support group for female-identified survivors of sexual assault.  *Referral from a CAPS provider and meeting with the group facilitator required to join.*

3-4:30 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.  *Referral from a CAPS provider and meeting with the group facilitator required to join.*
SPRING 2020 CAPS Counseling Groups & Workshops: CAPS NORTH
phone: 520-626-3100

MONDAY

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. Rolling enrollment.

4-5:30 p.m. Living with Loss (Joel Gaffney)
A supportive space to process the deeply personal grief experience and make more sense of life after loss. Meets: 1/20 to 3/2. *Referral from a CAPS provider and meeting with the group facilitator required to join.

6-7 p.m. Calm Body, Calm Mind (Mary Belknap)
A 4-week workshop series for anxiety and panic. Rolling enrollment, series repeats all semester.

6-7:15 p.m. Latinx Group. (Minnie Almader)
Stay connected to your purpose (graduation) and explore healthy family boundaries with other Latinx students. Meets 2/3 to 3/2, open enrollment. Drop-ins welcome.

TUESDAY

8-8:30 a.m. Morning Meditation. (Michael Biuso). Free drop-in guided meditations.

3:30-5:00 p.m. Grad Student Understanding Self & Others (Joel Gaffney & Katie Klimowicz)
Practice new ways of connecting with others and viewing yourself through group feedback and support. Enrollment closed for spring, open for fall 2020. *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. Rolling enrollment.

4-5:30 p.m. Attention Management Program (AMP) (Sarah May & Joel Gaffney)
A 4-week ADHD workshop series about improving your attention capacity and productivity. AMP will meet Wednesdays, 4-5:30pm: 3/18, 3/25, 4/1, 4/8.

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: 2/20, 2/27, 3/19, 3/26, 4/2, 4/9 *optional pre-information session 2/13 from 3:30-4:45.

4-5:30 p.m. Making Sense of it All: An Existential Therapy Group (Michael Biuso and Ron Chau)
Explore how to live authentically while confronting life’s ultimate concerns of death and uncertainty, freedom and responsibility, existential isolation, and the search for meaning. Spring enrollment closed, inquire about fall 2020 enrollment. *Referral from a CAPS provider and meeting with the group facilitator required to join.

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. Rolling enrollment.