## CAPS GROUPS & WORKSHOPS SPRING 2020

### SPRING 2020 Schedule & Locations

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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</table>
| **Gender Spectrum Support Group**  
3-4 pm, starting 1/20.  
(van der Voort) | **Calm Body, Calm Mind**  
3-4 pm, starting 2/4.  
(Ralph) | **Grad Student Support Group: Women in Doctoral Programs**  
10-11:30 am, starting 1/15.  
(Wilson) | **HASA: Healing After Sexual Assault**  
3-4:30 pm, starting 1/30.  
(Mills) |
| **Understanding Self & Others**  
3:30-4:45 pm, starting 1/27.  
(Cunningham) | **Grad Student Understanding Self & Others**  
3:30-5 pm, starting 1/28.  
(Gaffney & Klimowicz) | **Finding Your Center**  
3:15-4:30 pm, 9 weeks starting 2/12.  
(Klatte) | **Grad Student Support Group: Mixed-Level Coed**  
3:00-4:30 pm, starting 1/16.  
(Wilson) |
| **Living with Loss**  
4-5:30 pm, starting 1/20.  
(Gaffney) | **LGBTQIA Support Group**  
4-5:30 pm, starting 1/28.  
(Kurtz) | **Adulting is Hard: Support & Problem Solving**  
3:30-4:45 pm, starting 2/5.  
(Klatte) | **Build Your Social Confidence**  
3:30-4:45 pm, 6 weeks starting 2/20.  
Optional meeting 2/13.  
(Kurtz) |
| **Calm Body, Calm Mind**  
6-7 pm, starting 1/27.  
(Belknap) | **CEDAR: Campus Eating Disorder & Recovery Group**  
4-5 pm, starting 1/28.  
(Courtney) | **Waking Up From Depression**  
4-5 pm, starting 2/5.  
(Ralph) | **Making Sense of it All**  
4-5:30 pm, starting 2/13.  
(Biuso & Chau) |
| **Latinx Group**  
6-7:15 pm, starting 2/3.  
(Almader) | **Relationship SOS**  
5-6 pm, meets: 2/4, 2/11, 2/18, 2/25, 3/3.  
(Lohr & Chandler) | **Tips & Tricks for Better Sleep**  
4-5 pm, meets: 2/26 and 4/15.  
(Granillo) | **Understanding Self & Others**  
5-6:15 pm, starting 2/6.  
(Belknap) |
| **Happy Sessions**  
5-6 pm, meets: 3/17, 3/24, 3/31, 4/7.  
(Ralph) | **AMP: Attention Management Program**  
4-5:30 pm, Dates TBD.  
(May & Gaffney) | **Life as a Grad Student: Strategies for Inner Balance**  
5-6 pm, starting 1/22.  
(Gallenstein) | |

*GROUPS WILL NOT MEET DURING SPRING BREAK*

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**CAPS North at North Rec**  
1051 E. Mabel Street, 2nd Floor  
520-626-3100

**Yuma Hall Satellite Office**  
1107 E. James E. Rogers Way  
Northeast corner of building, under green stairs.  
Please do not enter through the Residence Hall.

**Student Union**  
1303 E University Boulevard

**CAPS Main at Campus Health**  
Highland Commons Building  
1224 E. Lowell Street, 3rd Floor  
520-621-3334

1/13/2020 LR
Group Descriptions & More Information

All groups cost $10 unless otherwise specified. Referral from CAPS provider is required unless otherwise specified. For more information, visit: www.health.arizona.edu/caps-groups-workshops

**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.

**Attention Management Program (AMP).** A 4-week ADHD workshop series about improving your attention capacity and productivity.

**Build Your Social Confidence.** 6-week group for overcoming social anxiety (and having fun doing it).

**Calm Body, Calm Mind.** A 4-week workshop series for anxiety and panic.

**Campus Eating Disorder Awareness and Recovery Group (CEDAR).** Support, education, and therapy around the subjects of eating disorders, disordered eating, and body image.

**Finding Your Center.** 9-week group about coping skills for difficult life circumstances.

**Gender Spectrum Support Group.** Support, therapy, and education group for UA students dealing with gender identity questions and concerns.

**Grad Student Understanding Self & Others.** Practice new ways of connecting with others and viewing yourself through group feedback and support. For grad students only.

**Happy Sessions.** A 4-session workshop series about the science of happiness and self-confidence.

**Healing After Sexual Assault (HASA).** A support group for female-identified survivors of sexual assault.

**Latinx Group.** Stay connected to your purpose (graduation) and explore healthy family boundaries with other Latinx students.

**Living with Loss.** A supportive space to process the deeply personal grief experience and make more sense of life after loss.

**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. Drop-ins welcome.

**Life as a Grad Student: Strategies for Inner Balance.** On-the-spot practices to deal with stress, enhance enjoyment, and build lifelong skills. Drop-ins welcome.

**Making Sense of it All.** 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.

**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.

**Relationship S.O.S.** 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.

**Understanding Self & Others - Practice new ways of connecting with others and viewing yourself through group feedback and support.**

**Waking Up From Depression.** A 4-week workshop series about managing depression in college.

**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.