

CAPS Services that you can access with NO Appointment

Just DROP-IN to any of following WEEKLY GROUPS...

Alcohol & Other Drug Use Choices and Change

Fridays 3-4 pm, SHC 203

Asian Desi Pacific Islander Collective (ADPIC) Support Group

Wednesdays 2:30-3:30 pm, MCC

Best of You

Fridays 12-1:30 pm, Lower Library 22

Creative Self-Expression

Thursdays 1-2 pm, SHC 203

EOP and First Generation Student Support

Thursdays 3-4, MCC

One Breath (Mindfulness/Meditation Practice)

Wednesdays 5-6 pm, BSS 508

International Student Support Group

Thursdays 4-5 pm, International Student Office Conf. Rm

Trans Support Group

Tuesdays 4-5 pm, NHE 120

Come to any of the following WORKSHOPS

Dare to Self-Care*

Thursday 10/20 5-5:50, Library 114

Exploration of Body Image*

Thursday 11/10 5-5:50, Library 114

5-minute Anxiety Busters*

Thursday 11/3 5-5:50, Library 209

The Happy Map*

Wednesday 11/9 5-5:50, Library 114

Learn How to Improve Your Social Skills and Boost Confidence*

Thursday 11/17 5-5:50, Library 114

Self-Care Workshops with the Residence Life Therapist

Tuesdays at Noon in the J Dining Room Fishbowl

Thursdays at 4 in the College Creek Great Hall

*Reserve a spot through the Library's SkillShop Webpage

Check out our ONLINE resources

Prezis on over 30 topics!

Life Skills Workshop Series (self-paced, online, Moodle-based)

Mental Health Screenings

Suicide: Messages of Hope

And MORE!