

# CAPS Services that you can access with NO Appointment

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

- AACAE Men's Discussion/Support Group
- Alcohol & Other Drug Use Choices and Change
- Best of You
- Café con Chismé
- EOP and First Generation Student Support
- Midday Mindful Moment
- One Breath (Mindfulness/Meditation Practice)
- International Student Support Group
- Trans Support Group
- Womyn of Color Support Group

**\*Find location and times on the CAPS website!\***

**Come to any of the following WORKSHOPS\***

- Dare to Self-Care
- Exploration of Body Image
- 5-Minute Anxiety Busters
- Finding Focus: Managing ADHD
- The Happy Map
- Learn How to Improve Your Social Skills and Boost Confidence
- Lose Yourself to Find Your Major
- Mind Over Mood
- Self-Care Workshops with the Residence Life Therapist

**\* Find locations and times on the CAPS website!\***

*\*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!**