



CAPS CLINICAL GROUP SCHEDULE SPRING QUARTER 2023

TO JOIN: Call CAPS at 951-827-5531, press option 2

**Healthy
Relationships**

**Mondays
3:30 pm - 4:30 pm**

**Virtual
First Gen
Support**

**Tuesdays
2 pm - 3 pm**

**Virtual
Anxiety
Management**

**Wednesdays
2 pm - 3:30 pm**

**Virtual
Sexual & Gender
Diversity**

**Thursdays
1 pm - 2:30 pm**

CAPS CLINICAL GROUP SCHEDULE **SPRING QUARTER 2023**



Counseling and
Psychological Services

Healthy Relationships (Mon. 3:30 - 4:30pm)

This is a semi-structured in-person group that will provide a safe and supportive space to explore and learn skills about common relationship concerns such as boundaries, conflict resolution, and attachment. The goal is the group to leave group members feeling more aware of how they relate to others and more confident in navigating relational issues.

Virtual First Generation Support (Tues. 2 - 3pm)

This virtual group is for students who are the first in their families to go to college. Come join us to talk about what it is like to be a first generation student. Being the first is not always easy, but you did it!

Virtual Anxiety Management (Wed. 2 - 3:30pm)

Do you feel like you are constantly worried? Do you feel tense and on-edge? Do you tend to over-think social situations and have difficulties staying in the moment? If so...consider joining our virtual Anxiety Management Group. During this 6-week group, CAPS therapists will discuss the tools and techniques that will help you lower your anxiety.

Virtual Sexual & Gender Diversity (Thurs. 1 - 2:30pm)

This virtual therapy/support group is for queer and TGD UCR students experiencing symptoms of depression, anxiety, trauma and other relevant mental health concerns as well as for individuals in need of a welcoming space for discussing matters of sexual and/or gender identity. The LGBTIQ communities are underserved within the Riverside County area, and we are looking forward to offering a safe place for our students.

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Already a client? Let your provider know you're interested!