



CAPS CLINICAL GROUP SCHEDULE FALL QUARTER 2023

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

**Healthy
Relationships**

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

**Anxiety
Management**

**Wednesdays
2pm - 3pm**

Parent Pod

**Thursdays
11am - 11:50am**

**Sexual Orientation
Gender Identity &
Expression (SOGIE)**

**Thursdays
3pm - 4:30pm**

CAPS CLINICAL GROUP SCHEDULE **FALL QUARTER 2023**



Counseling and
Psychological Services

Healthy Relationships (Mon. 3pm - 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 of the group is to leave group members feeling more aware of how they relate to others and more confident in navigating relational issues.

Anxiety Management (Wed. 3pm - 4:30pm)

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.

Parent Pod (Thurs. 11am - 11:50am)

*Student-parents are invited to join the **Parent Pod** - a skill group aimed at supporting parents in building community while developing emotional awareness to influence relational satisfaction with their children. Aside from building community, we will learn about the 4 parenting types, explore the "Sound House" theory, and discuss how we can apply it to the relationships with our children.*

Sexual Orientation Gender Diversity & Expression (Thurs. 3 -4:30pm)

The SOGIE hybrid 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!