



CAPS CLINICAL GROUP SCHEDULE WINTER QUARTER 2024

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

**Anxiety
Management**

**Wednesdays
2 pm - 3 pm**

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

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

**Healthy
Relationships**

**Fridays
2 pm - 3 pm**

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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 **in-person group**, CAPS therapists will discuss the tools and techniques that will help you lower your anxiety.*

Sexual Orientation Gender Diversity & Expression (Thurs. 3pm -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.

Healthy Relationships (Fri. 2pm - 3pm)

*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.

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