



# CAPS CLINICAL GROUP SCHEDULE SPRING QUARTER 2024

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

**Creative  
Coping Skills**

**Mondays  
10 am - 11:30 am**

**Healthy  
Relationships**

**Wednesdays  
3 pm - 4 pm**

**Virtual  
Anxiety  
Management**

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

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

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

# CAPS CLINICAL GROUP SCHEDULE SPRING QUARTER 2024



Counseling and  
Psychological Services

## **Creative Coping Skills Group (Mon. 10am - 11:30am)**

The Creative Coping Skills **in-person group** offers a safe space to learn hands-on coping skills and authentically express identity, hopes, dreams, experiences, and truth. This is an invitation to enjoy the process. Breathe, observe, and play. There is no right or wrong way to participate or create. No art skills are required!

## **Healthy Relationships (Wed. 3pm - 4pm)**

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 (Thurs. 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 Anxiety Management Group.

During this 6-week **virtual group**, CAPS therapists will discuss the tools and techniques that will help you lower your anxiety.

## **Sexual Orientation Gender Identity & Expression (Thurs. 3pm -4:30pm)**

The SOGIE **in-person 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!**