



CAPS CLINICAL GROUP SCHEDULE FALL QUARTER 2024

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

**Cafecito y
Comunidad:
1st Gen Support
Group**

**Tuesdays
9:00-10:15 AM**

**Anxiety
Management**

**Tuesdays
3:00-4:30 PM**

RelationShift

**Wednesdays
1:00-2:30 PM**

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

**Wednesdays
3:00-4:30 PM**

**Project Life Force -
College**

**Thursdays
9:00-10:30 AM**

**Reclaim: An
Empowerment
Circle**

**Thursdays
10:45 am - noon**

Creative Coping

**Thursdays
2:00-3:30 PM**



CAPS CLINICAL GROUP SCHEDULE

FALL QUARTER 2024



Counseling and
Psychological Services

Cafecito y Comunidad Group (Tues. 9am - 10:15am)

Cafecito y Comunidad is a space for 1st gen students who identify with the Latina/o/e/x, Chicana/o/x, or Hispanic community. Join CAPS counselors as we build community and share experiences with mental health, wellbeing, and academic/professional success on campus and within our communities. Discussion topics will be determined by group members and may include family, culture, diversity, relationships, identity, and belonging. Spanish/Spanglish is welcomed and please feel free to bring your favorite cold or hot beverage.

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

During this 6-week group, CAPS therapists will discuss the tools and techniques that will help you lower your anxiety. Topics and skills include: Understanding the Anxiety/Avoidance feedback loop, learning to restructure and get distance from anxious/unhelpful thoughts, practicing relaxation techniques to decrease stress, and the benefits of mindfulness.

RelationShift (Wed. 1pm - 2:30pm)

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.

Sexual Orientation Gender Identity & Expression (Wed. 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.

TO JOIN: Call CAPS at 951-827-5531, press option 2
Already a client? Let your provider know you're interested!

CAPS CLINICAL GROUP SCHEDULE FALL QUARTER 2024



Counseling and
Psychological Services

Project Life Force- College (Thurs. 9am-10:30am)

This is a group therapy intervention for students experiencing suicidal thoughts that combines safety planning, emotion regulation skills, and social support. Participants create and/or revise safety plans throughout the course of treatment while learning distress tolerance, emotion regulation, and friendship building/interpersonal skills to integrate into their safety plans.

Reclaim: an Empowerment Circle (Thurs. 10:45am - noon)

Discover a supportive haven with "Reclaim: An Empowerment Circle," a trauma-informed therapy group dedicated to fostering safety, community, and resilience for trauma survivors. This group experience is designed to help female-identifying folks navigate their journey of healing by identifying areas of safety while developing somatic skills to respond to triggers and cultivate a sense of empowerment. In a nurturing environment, come and connect with others who understand the challenges of restoration, learn practical techniques to ground in moments of distress, and build lasting strategies for emotional well-being. Join us to find solace in shared experiences, gain confidence through somatic practices, and begin to step forward with renewed strength and hope. All trauma survivors are welcome regardless of their location along their path of reclamation.

Creative Coping Skills (Thur. 2pm - 3:30pm)

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.

No art skills are required!

**TO JOIN: Call CAPS at 951-827-5531, press option 2
Already a client? Let your provider know you're interested!**