



# CAPS CLINICAL GROUP SCHEDULE SPRING QUARTER 2026

## Creative Coping Skills

Thursdays from 1:15pm - 2:45pm

*The Creative Coping Skills Group is an in-person group that 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!*

## Anxiety Management Group

Thursdays from 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 the Anxiety Management Group . During this 6-week group, CAPS therapists will discuss the tools and techniques that will help you lower your anxiety.*

Scan to Learn More!



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

# CAPS CLINICAL GROUP SCHEDULE SPRING QUARTER 2026



Counseling and  
Psychological Services

## Creative Coping Skills



Thursdays from Weeks 3-8



1:15pm - 2:45pm



CAPS Group Room

### Topics Include:

- Take a Break, Self-Regulate!
- Disarming Your Inner Critic
- Daring Greatly
- Intersectionality Masks
- Inspirational Scrolls
- Traveling Drum



## Anxiety Management



Thursdays from Weeks 3-8



3pm - 4:30pm



CAPS Group Room

### 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
- Benefits of mindfulness



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