

CAPS GROUP THERAPY SCHEDULE FALL QUARTER 2026



Anxiety Management Group

Tuesdays from 3:00pm - 4:30pm

Do you constantly feel worried, on edge, or tense? Struggle with overthinking? Join this group to explore and discuss the tools and techniques that will help you lower your anxiety.

Middle Path Group

Wednesdays from 1:00pm - 2:30pm

This group covers ways to better cope and self-regulate when faced with difficult emotions, intense distress, and challenging relationships. Learn skills to better manage daily stressors!

Creative Horizons Group

Thursdays from 1:15pm - 2:45pm

This group offers a safe space to learn hands-on coping skills and authentically express identity, hopes, dreams, experiences, and truth through art. No art skills are required!

SOGIE (Sexual Orientation Gender Identity & Expression) Group

Thursdays from 3:00pm - 4:30pm

This group is meant for everyone in the UCR community who is searching, exploring their identity, or would like to obtain a support system while learning about their own identity.



All groups will run in person at SHCC from Weeks 3-8

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

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