

**COUNSELING AND  
PSYCHOLOGICAL SERVICES**

# Open House Itinerary, May 13th

Learn about CAPS services, meet clinicians, ask questions in our Main Zoom Rooms!

10A-11A

## **Main Room: Coffee with CAPS**

Tina Luis Brown, LMFT & Mario Rocha, LMFT

### **BREAK OUT SESSIONS:**

"Coping skills for Quarantine" with Jennifer Hung, Psy.D. and Thomas Tadros, LMFT

Or "Ask your UCR psychiatrist" with Gina Valdovinos M.D.

11A-12P

## **Main Room: Q & A with CAPS**

Loretta Mead, Psy.D. & Crystal Saidi, Psy.D.

### **BREAK OUT SESSIONS:**

"Art Therapy" with Danielle Larin, LMFT and Nicole Pitsavas, Psy.D.

Or "How's your sleep?" with Elizabeth Mondragon, Psy.D. and Sarah Pemberton, LCSW

1P-2P

## **Main Room: Dessert and Diction**

Lee Stillerman, Ph.D. and Thomas Tadros, LMFT

### **BREAK OUT SESSIONS 1P-2P**

"Love and Break Ups in the Time of COVID-19 with Heather Johnson, LMFT and Nicole Pitsavas, Psy.D.

Or "Let's Talk Student Health Insurance " with Denise Cannon, SHS Mgr of Insurance and Front Desk

2P-3P

## **Main Room: Get to Know Your CAPS Team**

Danielle Larin, LMFT And Geena Guerrido, Ph.D.

### **BREAK OUT SESSIONS**

"Challenges around Concentration, Motivation, & Procrastination & School from Home" with Eyrn Parks, Ph.D. and Jarrett Ellington, Psy.D.

Or "Meditation Guided Imagery" With Nicole Pitsavas, Psy.D.

## **Please Join us via Zoom**

Questions? Ask your host & CAPS Outreach Coordinator, Sarah Gohn, M.S.

sarah.gohn@ucr.edu

### **THERE WILL BE CHANCES FOR PRIZES/DRAWINGS**

Zoom Room info:

Meeting ID: 943 5839 7537

Password: 030246

[https://ucr.zoom.us/j/94358397537?](https://ucr.zoom.us/j/94358397537?pwd=KzdpMjBic0w1ZVdnS0V5ck9yZnZiQT09)

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