CAPS CLINICAL GROUP SCHEDULE
WINTER QUARTER 2024

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

- Anxiety Management
  Wednesdays
  3 pm - 4:30 pm

- Sexual Orientation
  Gender Identity & Expression (SOGIE)
  Thursdays
  3 pm - 4:30 pm

- Healthy Relationships
  Fridays
  2 pm - 3 pm
Anxiety Management (Wed. 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 virtual Anxiety Management Group.

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

Sexual Orientation Gender Diversity & Expression (Thurs. 3pm -4:30pm)

The SOGIE hybrid 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.

Healthy Relationships (Fri. 2pm - 3pm)

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.

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