CAPS CLINICAL GROUP SCHEDULE
SPRING QUARTER 2024

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

Creative Coping Skills
- Mondays
  10 am - 11:30 am

Healthy Relationships
- Wednesdays
  3 pm - 4 pm

Virtual Anxiety Management
- Thursdays
  3 pm - 4:30 pm

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

UC RIVERSIDE | Counseling and Psychological Services
Creative Coping Skills Group (Mon. 10am - 11:30am)

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 or create. No art skills are required!

Healthy Relationships (Wed. 3pm - 4pm)

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.

Anxiety Management (Thurs. 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 Anxiety Management Group.

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

Sexual Orientation Gender Identity & Expression (Thurs. 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.

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