



CAPS CLINICAL GROUP SCHEDULE WINTER QUARTER 2026

Anxiety Management Group

Tuesdays 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.

Creative Coping Skills

Thursdays from 1:30pm - 3pm

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!

Scan to Learn More!



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

CAPS CLINICAL GROUP SCHEDULE WINTER QUARTER 2026

Anxiety Management

 **Tuesdays 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

Creative Coping Skills

 **Thursdays from Weeks 3-8**

 **1:30pm - 3pm**

 **CAPS Group Room**

Topics Include:

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



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