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 Guerrero, 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?pwd=KzdpMjBic0w1ZVdnS0V5ck9yZnZiQT09