MAIN SESSION: 10AM COFFEE W/CAPS

Break out workshops- 10am-11am
1. Expressive Art; Raffle for Prizes!
OR
2. How to Help a Friend in Need; Raffle for Prizes!

Q&A WITH CAPS

Break out workshops - 11am-12pm
1. Self-care During Covid-19/ Coping with Remote Learning; Raffle for Prizes!
OR
2. Enhancing Concentration and Motivation for Remote Learning; Raffle for Prizes!

ACTIVE MINDS GUEST HOST

Lunch Time- Main Activity- 12pm-1pm
Come join us for lunch and a game with chances for Prizes! Active minds will host a fun Game!!

MAIN SESSION: GET TO KNOW YOUR CAPS TEAM

Break out workshops: 1pm-2pm
1. Road to Becoming a Therapist/ Psychologist; Raffle for Prizes!
OR
2. Mindfulness; Raffle for Prizes!

ZOOM MEETING
ID: 931 3900 6156
PW: 632560