

August 2019 CAPS Workshops

Open to all eligible students.

Please check for availability: (323) 343-3314

ALL GROUPS ARE IN THE STUDENT HEALTH CENTER
STATION #4, TOP FLOOR
UNLESS OTHERWISE NOTED.

Mon	Tue	Wed	Thu
<p>19</p> <p>2:30 Feel the Fear and Do It Anyway!</p>	<p>20</p> <p>10:00 The Healthy Break-Up</p> <p>2:45 Meditation and Mindfulness</p> <p>Reflection Room, U-SU 302</p> <p>4:30 De-Stress Yourself</p>	<p>21</p> <p>10:30 Anxiety Support Group</p> <p>1:00 Surviving Loss: Suicide</p> <p>3:15 Getting Unstuck</p>	<p>22</p> <p>10:30 Procrastination and Time Management</p>
<p>26</p> <p>11:00 Healthy Romantic Relationships</p> <p>2:30 Self-Compassion</p>	<p>27</p> <p>10:00 Problem Solving through Storytelling</p> <p>2:45 Meditation and Mindfulness</p> <p>Reflection Room, U-SU 302</p> <p>4:30 Overcoming Negative Self-Talk</p>	<p>28</p> <p>10:30 Self-Care Reboot</p> <p>1:00 Surviving Loss</p> <p>3:15 Mindfulness and Relaxation</p>	<p>29</p> <p>3:00 Creating a Self-Care Plan</p>

September 2019 CAPS Workshops

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Mon	Tue	Wed	Thu
<p>2</p> <p>Labor Day</p>	<p>3</p> <p>10:00 Adulting with Parents 2:45 Meditation and Mindfulness Reflection Room, U-SU 302 4:30 Big Results with Mini Meditations</p>	<p>4</p> <p>10:30 Anxiety Support Group 1:00 Surviving Loss: Suicide 3:15 Becoming Your Best Self</p>	<p>5</p> <p>3:00 Creating a Self-Care Plan</p>
<p>9</p> <p>11:00 Healthy Romantic Relationships 2:30 Feel the Fear and Do It Anyway!</p>	<p>10</p> <p>2:45 Meditation and Mindfulness Reflection Room, U-SU 302 4:30 Success Beyond Perfectionism</p>	<p>11</p> <p>10:30 Self Care Reboot 1:00 Surviving Loss 3:15 Conquering Social Anxiety</p>	<p>12</p>
<p>16</p> <p>11:00 Healthy Romantic Relationships 2:30 Self-Compassion</p>	<p>17</p> <p>10:00 The Healthy Break-Up 2:45 Meditation and Mindfulness Reflection Room, U-SU 302 4:30 De-Stress Yourself</p>	<p>18</p> <p>10:30 Anxiety Support Group 1:00 Surviving Loss: Suicide 3:15 Getting Unstuck</p>	<p>19</p> <p>3:00 Creating a Self-Care Plan</p>
<p>23</p> <p>11:00 Healthy Romantic Relationships 2:30 Feel the Fear and Do It Anyway!</p>	<p>24</p> <p>10:00 Problem Solving through Storytelling 2:45 Meditation and Mindfulness Reflection Room, U-SU 302 4:30 Overcoming Negative Self-Talk</p>	<p>25</p> <p>10:30 Self Care Reboot 1:00 Surviving Loss 3:15 Mindfulness and Relaxation</p>	<p>26</p> <p>3:00 Creating a Self-Care Plan</p>
<p>30</p> <p>11:00 Healthy Romantic Relationships 2:30 Self-Compassion</p>	<p>1</p> <p>10:00 Adulting with Parents 2:45 Meditation and Mindfulness Reflection Room, U-SU 302 4:30 Big Results with Mini Meditations</p>	<p>2</p> <p>10:30 Anxiety Support Group 1:00 Surviving Loss: Suicide</p>	<p>3</p> <p>10:30 Procrastination and Time Management</p>

October 2019 CAPS Workshops

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Mon	Tue	Wed	Thu
<p>7</p> <p>11:00 Healthy Romantic Relationships 2:30 Feel the Fear and Do It Anyway!</p>	<p>8</p> <p>10:00 Creating and Maintaining Boundaries 2:45 Meditation and Mindfulness Reflection Room, U-SU 302 4:30 Success Beyond Perfectionism</p>	<p>9</p> <p>10:30 Self-Care Reboot 1:00 Surviving Loss 3:15 Conquering Social Anxiety</p>	<p>10</p> <p>10:30 Procrastination and Time Management 3:00 Creating a Self-Care Plan</p>
<p>14</p> <p>11:00 Healthy Romantic Relationships 2:30 Self-Compassion</p>	<p>15</p> <p>10:00 The Healthy Break-Up 2:45 Meditation and Mindfulness Reflection Room, U-SU 302 4:30 De-Stress Yourself</p>	<p>16</p> <p>10:30 Anxiety Support Group 1:00 Surviving Loss: Suicide 3:15 Getting Unstuck</p>	<p>17</p> <p>3:00 Creating a Self-Care Plan</p>
<p>21</p> <p>11:00 Healthy Romantic Relationships 2:30 Feel the Fear and Do It Anyway!</p>	<p>22</p> <p>10:00 Problem Solving through Storytelling 2:45 Meditation and Mindfulness Reflection Room, U-SU 302 4:30 Overcoming Negative Self-Talk</p>	<p>23</p> <p>10:30 Self-Care Reboot 1:00 Surviving Loss 3:15 Mindfulness and Relaxation</p>	<p>24</p> <p>10:30 Procrastination and Time Management 3:00 Creating a Self-Care Plan</p>
<p>28</p> <p>11:00 Healthy Romantic Relationships 2:30 Self-Compassion</p>	<p>29</p> <p>10:00 Adulting with Parents 2:45 Meditation and Mindfulness Reflection Room, U-SU 302 4:30 Big Results with Mini Meditations</p>	<p>30</p> <p>10:30 Anxiety Support Group 1:00 Surviving Loss: Suicide 3:15 Becoming Your Best Self</p>	<p>31</p> <p>10:30 Procrastination and Time Management 3:00 Creating a Self-Care Plan</p>

November 2019 CAPS Workshops

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Mon	Tue	Wed	Thu
<p>4</p> <p>11:00 Healthy Romantic Relationships</p> <p>2:30 Feel the Fear and Do It Anyway!</p>	<p>5</p> <p>10:00 Creating and Maintaining Boundaries,</p> <p>2:45 Meditation and Mindfulness</p> <p>Reflection Room, U-SU 302</p> <p>4:30 Success Beyond Perfectionism</p>	<p>6</p> <p>10:30 Self Care Reboot</p> <p>1:00 Surviving Loss</p> <p>3:15 Conquering Social Anxiety</p>	<p>7</p> <p>10:30 Procrastination and Time Management</p> <p>3:00 Creating a Self-Care Plan</p>
<p>11</p> <p>Veterans Day</p>	<p>12</p> <p>10:00 The Healthy Break-Up</p> <p>2:45 Meditation and Mindfulness</p> <p>Reflection Room, U-SU 302</p> <p>4:30 De-Stress Yourself</p>	<p>13</p> <p>10:30 Anxiety Support Group</p> <p>1:00 Surviving Loss: Suicide</p> <p>3:15 Getting Unstuck</p>	<p>14</p> <p>10:30 Procrastination and Time Management</p> <p>3:00 Creating a Self-Care Plan</p>
<p>18</p> <p>11:00 Healthy Romantic Relationships</p> <p>2:30 Self-Compassion</p>	<p>19</p> <p>10:00 Problem Solving through Storytelling</p> <p>2:45 Meditation and Mindfulness</p> <p>Reflection Room, U-SU 302</p> <p>4:30 Overcoming Negative Self-Talk</p>	<p>20</p> <p>10:30 Self Care Reboot</p> <p>1:00 Surviving Loss</p> <p>3:15 Mindfulness and Relaxation</p>	<p>21</p> <p>10:30 Procrastination and Time Management</p> <p>3:00 Creating a Self-Care Plan</p>
<p>25</p> <p>Fall Recess</p> <p>No Classes, Campus Open</p>	<p>26</p> <p>Fall Recess</p> <p>No Classes, Campus Open</p>	<p>27</p> <p>Fall Recess</p> <p>No Classes, Campus Open</p>	<p>28</p> <p>Thanksgiving</p>

December 2019 CAPS Workshops

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Mon	Tue	Wed	Thu
<p>2</p> <p>11:00 Healthy Romantic Relationships</p> <p>2:30 Feel the Fear and Do It Anyway!</p>	<p>3</p> <p>10:00 Adulting with Parents</p> <p>2:45 Meditation and Mindfulness</p> <p>Reflection Room, U-SU 302</p> <p>4:30 Big Results with Mini Meditations</p>	<p>4</p> <p>10:30 Self Care Reboot</p> <p>1:00 Surviving Loss: Suicide</p> <p>3:15 Becoming Your Best Self</p>	<p>5</p> <p>3:00 Creating a Self-Care Plan</p>