

# CAPS Workshops and Groups

Open to all eligible students. All synchronous/live CAPS groups are via Zoom.

Please call (323) 343-3314 to arrange workshop attendance.

Process groups meet weekly or bi-weekly and are ongoing and interactive.

Workshops meet once and are less interactive.

## January/February 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
25	26 11:00 Coping with Imposter Syndrome	27 1:00 Peace with My Body	28 10:00 Self-Care Reboot 1:00 Grad Student Support Group
1 2:30 Connecting with Ourselves	2 2:00 Fighting Amid the Pandemic	3 1:00 Peace with My Body 3:15 Becoming Your Best Self	4
8 2:30 BIPOC Process Group	9 11:00 Coping with Imposter Syndrome 2:00 Fighting Amid the Pandemic	10 1:00 Peace with My Body 3:15 Conquering Social Anxiety	11 10:00 Self-Care Reboot 1:00 Grad Student Support Group
15 2:30 Connecting with Ourselves	16 2:00 Fighting Amid the Pandemic	17 1:00 Peace with My Body 3:15 Getting Unstuck	18 10:00 Anxiety Support: Process Group
22 2:30 BIPOC Process Group	23 11:00 Coping with Imposter Syndrome 2:00 Fighting Amid the Pandemic	24 1:00 Peace with My Body 3:15 Mindfulness and Relaxation	25 10:00 Self-Care Reboot 1:00 Grad Student Support Group

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## March 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>1</b> 2:30 Connecting with Ourselves	<b>2</b> 2:00 Fighting Amid the Pandemic	<b>3</b> 1:00 Peace with My Body 3:15 Becoming Your Best Self	<b>4</b> 10:00 Anxiety Support: Process Group
<b>8</b> 2:30 BIPOC Process Group	<b>9</b> 11:00 Coping with Imposter Syndrome 2:00 Fighting Amid the Pandemic	<b>10</b> 1:00 Peace with My Body 3:15 Conquering Social Anxiety	<b>11</b> 10:00 Self-Care Reboot 1:00 Grad Student Support Group
<b>15</b> 2:30 Connecting with Ourselves	<b>16</b> 2:00 Fighting Amid the Pandemic	<b>17</b> 1:00 Peace with My Body 3:15 Getting Unstuck	<b>18</b> 10:00 Anxiety Support: Process Group
<b>22</b> 2:30 BIPOC Process Group	<b>23</b> 11:00 Coping with Imposter Syndrome 2:00 Fighting Amid the Pandemic	<b>24</b> 1:00 Peace with My Body 3:15 Mindfulness and Relaxation	<b>25</b> 10:00 Self-Care Reboot 1:00 Grad Student Support Group

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## April 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>5</b> 2:30 Connecting with Ourselves	<b>6</b> 11:00 Coping with Imposter Syndrome 2:00 Fighting Amid the Pandemic	<b>7</b> 1:00 Peace with My Body 3:15 Conquering Social Anxiety	<b>8</b> 10:00 Self-Care Reboot 1:00 Grad Student Support Group
<b>12</b> 2:30 BIPOC Process Group	<b>13</b> 2:00 Fighting Amid the Pandemic	<b>14</b> 1:00 Peace with My Body 3:15 Getting Unstuck	<b>15</b> 10:00 Anxiety Support: Process Group
<b>19</b> 2:30 Connecting with Ourselves	<b>20</b> 11:00 Coping with Imposter Syndrome 2:00 Fighting Amid the Pandemic	<b>21</b> 1:00 Peace with My Body 3:15 Mindfulness and Relaxation	<b>22</b> 10:00 Self-Care Reboot 1:00 Grad Student Support Group
<b>26</b> 2:30 BIPOC Process Group	<b>27</b> 2:00 Fighting Amid the Pandemic	<b>28</b> 1:00 Peace with My Body 3:15 Becoming Your Best Self	<b>29</b> 10:00 Anxiety Support: Process Group
<b>3</b> 2:30 Connecting with Ourselves	<b>4</b> 11:00 Coping with Imposter Syndrome 2:00 Fighting Amid the Pandemic	<b>5</b> 1:00 Peace with My Body 3:15 Conquering Social Anxiety	<b>6</b> 10:00 Self-Care Reboot 1:00 Grad Student Support Group