**SPRING 2018 - CAPS GROUPS**

**Campus Eating Disorder Awareness and Recovery Group (CEDAR)**

Support, education, and therapy around the subjects of eating disorders, disordered eating, and body image.

**When + Where:** Mondays 4-5:30 p.m., check in at CAPS.

**Cost:** $5 (can be billed to Bursar’s).

**More info:** Contact Jan Courtney, M.A., M.Ed., L.P.C. at (520) 621-3334 or jancourtney@email.arizona.edu

**CaPS Counseling Group**

4-week program for students to learn effective strategies for staying on track, setting and reaching goals, managing anxiety, communicating better, and solving problems.

**How to start:** You can join the group at any time. Speak with a triage counselor (open 9-4 Monday through Friday) to see if this group is a good choice for you. After triage, you can register for a group meeting at the CAPS front desk.

**When + Where:** please check in at CAPS for all group meetings.

Tuesdays, 10:30-noon, starting 2/6 with Leslie Ralph and Mairead McConnell

Wednesdays, 12:05-1:20 pm, ongoing with Amy Cunningham

Wednesdays, 4:00-5:30 pm, ongoing with Mary Belknap

Thursdays, 12:05-1:20, starting 2/1 with Jan Courtney

**Cost:** $5 (can be billed to Bursar’s).

**Gender Spectrum Support Group**

Support, therapy, and education for UA students dealing with gender identity.

**When + Where:** Mondays 3 - 4 p.m. starting January 22, check in at CAPS.

**Cost:** $5 (can be billed to Bursar's).

**More info:** Contact Martie van der Voort, MC, LPC at (520) 621-3334 or mvanderv@email.arizona.edu

**LGBTQA Support Group**

Talk in an open and supportive environment about issues impacting life and the LGBTQA and allied community.

**When + Where:** Tuesdays 4 – 5:30 p.m. starting January 16 at Student Union, Room 412.

**Cost:** FREE!

**More info:** Contact Martie van der Voort, MC, LPC at (520) 621-3334 or mvanderv@email.arizona.edu

**SELF-COMPASSION GROUP**

The self-compassion group focuses on increasing self-acceptance, reducing shame, and healing the critical relationship we have with ourselves. Topics will include mindfulness, negative self-talk and self-soothing, radical acceptance, resilience, and personal growth.

**When + Where:** Mondays, 1:00 - 2:30pm, check in at CAPS.

**Cost:** $5 each group (can be billed to Bursar's) check in at CAPS.

**More info:** Contact Martie van der Voort at 520-621-3334 or mvanderv@email.arizona.edu

**The Happy Hour Group**

Learn strategies that will help you maximize your strengths, boost your happiness, and bring out the natural star student in you.

**When + Where:** Tuesdays 2:30-3:30 p.m. starting January 16 (please check in at CAPS).

**Cost:** $5 (can be billed to Bursar's)

**More info:** **Contact Leslie Ralph, PhD at 520-621-3334 or** lralph@email.arizona.edu

**INTERNATIONAL TEA TIME**

A place for international students to sample teas of the world, connect with each other, destress and learn new ways to cope with the challenges of college life abroad.

**When + Where:** the first Friday of the month, starting on February 2nd, 3-4:00 pm (please check in at CAPS).

**Cost: FREE!**

**More info: Contact Cindy Klatte, LCSW at 520-621-3334 or** cklatte@email.arizona.edu

**SPRING 2018 – CAPS / OASIS WORKSHOPS**

**Oasis Healing & Friendships Workshop Series\***

Share the power of healing in a small group without fear of judgment or undeserved guilt and shame.

**When + Where:** Once per month. Friday 3:30 to 4:30 pm. Call Oasis Counselor at 520-621-3334 to verify date.

***\*If you're interested in coming, please call Oasis counselor for pre-screening 520-626-2051.***

**Test Anxiety Workshop (in partnership with the Think Tank\*)**

Learn seven steps to saying goodbye to test anxiety, including knowing the early warning signs, relaxation, getting your head in the game, improving self-care, managing your time, and navigating test day.

**When + Where:** **Wednesday** March 14th and April 18th **from 5 - 6:00 p.m. at the Bear Down Gym Think Tank.**

**Cost: FREE!**

**More info: Contact Leslie Ralph, PhD at 520-621-3334 or lralph@email.arizona.edu**

***\*****Learn about Think Tank’s workshop series at* <http://thinktank.arizona.edu/workshops>

**Graduate Student Stress Management Workshop (with the Think Tank\* at La Aldea)**

CAPS is partnering with the Think Tank on the Stress Management in Graduate School workshop. We’ll cover the basics of stress and ***6 steps to kissing stress good-bye (yes, even in grad school)****.*

**When + Where:** Tuesday February 13 from 5-6 p.m. in Science and Engineering Library, room 311.

**More info:** **Contact Leslie Ralph, PhD at 520-621-3334 or lralph@email.arizona.edu**

**\***Did you know that the Think Tank has a whole workshop series just for grad students? Visit <http://thinktank.arizona.edu/grad-workshops> to find out more.