

# CAPS Programs – Spring 2020

*You need to be a registered CAPS client to attend. Please ask a counselor or the front desk staff to schedule you for a 15-minute screening. Program days and times are subject to change based on interest. Not all programs may run each semester.*

## **BASICS – Mondays 4-5pm (other times may be available)**

Brief Alcohol Screening and Intervention for College Students is a two-session, harm reduction-focused opportunity for students to talk one-on-one with a counselor, receive normed feedback about their substance use and determine their own goals for change.

## **Understanding Self and Others: Mondays 3-4pm**

The student group provides a safe and supportive environment that will allow you to practice new ways of relating to others, gain a better understanding of yourself, share personal experiences, express fears or worries, and receive support and feedback.

## **Life Paths: Tuesdays 4:30-6pm**

This program is about getting unstuck from difficult thoughts and feelings. You will learn new strategies to live life more fully and move towards living a life that is more vital and meaningful.

## **KORU - The Mindful Path: Fridays 12:30-2pm**

This 4-week program assists students new to mindfulness (or wanting to strengthen skills) develop and cultivate their own mindfulness practice through experiencing both formal and informal meditative activities and mental, physical and relational benefits.

## **Managing Anxiety Program (MAP): Fridays 1:30pm – 3pm**

MAP is a structured treatment approach, comprised of three weekly in-session modules, in conjunction with an online component, designed to help you gain understanding of anxiety and learn ways of coping.

## **Body Project: (Date and Time TBD based on interest)**

The Body Project is a class aimed at helping young women feel better about their bodies through discussions and both formal and informal activities. Specifically we will address how to combat societal pressures on body image.

**Continued** →

## **ADHD Skills Program: Date and Time TBD (Post Spring Break Start)**

Research shows that students with ADHD can learn skills to manage their symptoms and meet their goals. This four-week, cognitive-behavioral skill building program is conducted in a supportive, small seminar format for students diagnosed with ADHD.

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## **Other Group Opportunities**

*These opportunities are in collaboration with CAPS but you do not need to be a CAPS client to attend.*

### **Black Student Support Group: Wednesdays 5:30-7pm—Sarah Brunet Room 114**

Join Dr. Mary Churchill and Dr. Charlynn Small for the Black Students Support Group (BSSG). The BSSG will be an opportunity for Black students to connect with each other around shared experiences, and to identify indignities and process reactions to them. In addition to discussing campus-wide racial politics and concerns, participants will gain skills of empowerment and confidence that will enable them to manage the stress of being Black college students at UR. There will be a focus on learning the steps to effective advocacy, student leadership and campus activism. The BSSG will meet Wednesdays at 5:30 pm, beginning January 27<sup>th</sup>.

### **Sex: To Have or Not to Have? That is the question: Thursdays 4:30pm-6pm—CAPS Group Room**

The purpose of this workshop is to provide students an opportunity to discuss sex, sexual values and behaviors in a safe, non-judgmental environment over four weeks. **Register in person at CAPS, Monday – Friday between 8:30 and 4:30**

### **Survivor Support Group: FULL FOR SPRING SEMESTER**

This is an 8-week group for survivors of sexual violence. Please email [advocate@richmond.edu](mailto:advocate@richmond.edu) to if you are interested in participating in the future.

### **LGBTQ+ Support Group: Fridays 3-4pm (Every other week) - Location TBD**

This is an interactive support group that will explore issues that impact Lesbian, Gay, Bisexual, Transgender, Queer, Questioning, Intersex, and Asexual students. It will provide a safe and confidential space to get information, connect with others in the UR community, and seek support with relationships, family and friends, coming out, transitioning, questioning, and identity development. Email Dr. Wilson at [mwilson5@richmond.edu](mailto:mwilson5@richmond.edu) if interested.