Surviving Family: Mon, 12-1:15pm
Surviving Family aims to improve insight into the impact of family relationships on one’s development. The group will cover a variety of topics including boundary setting, influence on present relationships, healthy communication, and processing through past familial conflicts. The goal of the group is to increase awareness of healthy and unhealthy behaviors our families have displayed, reduce blame and shame, dismantle internalized negative beliefs, and provide support and connection between members to know that we are not alone when it comes to conflicting feelings around our family.

Navigating Through Grief and Loss: Fri, 2:30-3:45pm
A safe place to help manage the grief of losing a loved one (e.g., parent, other family member, friend, etc). This group provides a safe and consistent place to talk about your own grief as well as to listen to and support others who are experiencing similar losses.

Understanding Self and Others: Tues 10:45am-12pm
A weekly interpersonal process group for students who want to explore personal growth and gain awareness to enhance their functioning in personal and academic settings; share concerns about important relationships in their life; need more support or want to be supportive of others; and want time to explore feelings and thoughts in a collaborative environment. Concerns related to anxiety, depression, adjustment, loneliness, academic/general stress, and relationships are common themes of concerns in this group.
A Skill-Building Program likely will be recommended as a first step for anyone pursuing CAPS services as they provide useful, proactive, and beneficial skills to anyone, especially those struggling to manage their current circumstances. These short-term programs allow concentrated, skill-building practice and can be pursued with or without participation in individual counseling.

BASICS: scheduled based on availability
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.

Body Project: Thurs 11am-12pm (February) & Wed 1-2pm (March/April)
The Body Project is a 4-week 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.

DBT Skills Programs - Tues 3-4:15pm & Wed 3:30-4:45pm
The Dialectical Behavioral Therapy (DBT) Skills Programs provide an opportunity to learn skills for changing unwanted behaviors, emotions, thinking, and events that cause misery and distress. Each program is 75 minute sessions for 4/5 weeks and topics rotate throughout the semester - you can participate in just one, 4/5-session program or all three!

- Interpersonal Effectiveness (4 sessions): Help us maintain and improve relationships (e.g., roommates, friends, family members!)
- Emotion Regulation (5 sessions): Increasing our ability to regulate and handle unwelcome emotions while increasing experiences of pleasant emotions.
- Distress Tolerance (4 sessions): The ability to tolerate and survive crisis situations without making things worse.

Managing Anxiety Program (MAP): Mon 2-3:30pm & Fri, 10:30am-12pm
MAP is a structured treatment approach, comprised of three weekly sessions, designed to help you gain understanding of anxiety and learn ways of coping.

Stress Busters: Thurs at 4-4:45pm
Stress is an ever-present factor in students' lives. Developing strategies for managing stress well is crucial for overall mental and physical well-being. Learn three important skills for managing stress both here in college and beyond!
Other Group Opportunities

These opportunities are offered by CAPS staff or other HWB offices but you do not need to be a CAPS client to attend. Please reach out to the emails provided to sign up for these groups.

**ADHD Skills Program: Day TBD, 4:30-6pm**
Research shows that students with ADHD can learn skills to manage their symptoms and meet their goals. This six-week, cognitive-behavioral skill building program is conducted in a supportive, small seminar format for students diagnosed with ADHD. Email Dr. Ceperich (sceperic@richmond.edu) for more information.

**Black Women Empowerment Group: TBD**
The Black Women Empowerment Group will be an opportunity for Black women 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 and a woman student at UR. There will be a focus on learning the steps to effective advocacy, student leadership, campus activism, and self-care. Email Dr. Churchill (mchurchi@richmond.edu) or Dr. Small (csmall@richmond.edu) to sign-up.

**KORU - The Mindful Path: Day TBD, 4:15-5:30pm**
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. Email Dr. Ceperich (sceperic@richmond.edu) for more information.

**Spiders Support Recovery Offerings - Click Here for More Information**

**SMART Recovery Meeting, Tuesdays 6-7:30pm**
In collaboration with VCU Rams in Recovery and Northstar Community - Considering a change in your drinking and/or drug use? Feel like your behaviors are controlling you? Looking for support? Join us for a SMART Recovery Meeting. SMART stands for Self-Management And Recovery Training and is a science-based program of supportive meetings where people help each other through open and confidential discussion with recovery from any type of addictive behavior.

**SSR Recovery Meeting, Fridays 6-7:30pm**
The SSR Recovery Meetings will be offered on a weekly basis to include anyone working to make changes around a behavioral challenge or addiction.

Email CAPS@richmond.edu for more information!