ADHD Skills Program: Wednesdays 4-5:30pm
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.

BASICS: various times
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: Days and Times TBD
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.

Let's Talk about Good Sex!: Tuesdays, 3-4pm
Starting September 13th
A 4 session workshop where students can discuss sex, sexual values and behaviors in a safe, non-judgmental environment.

Managing Anxiety Program (MAP): Tuesdays, 3:30-5pm & Fridays, 12:30-2pm
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.

Navigating Through Grief and Loss: Fridays, 2:15-3:45pm
A safe place to help manage the grief of losing a loved one (e.g., parent, other family member, friend, etc). Navigating the challenges of the grief process can be a lonely place, and many hesitate to confide in their friends out of concerns about burdening them. 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: Thursdays 1pm
This 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. (Typically 75-90 minutes long depending on group members schedules)
**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.

*Due to Covid-19 (Delta) all Group Opportunities will be offered virtually until UR enters the Green Phase.*

---

**Black Women Empowerment Group: coping with race-related stress: Thursdays, 4-5:30pm**

*Starting September 9th*

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) for more information.

**KORU - The Mindful Path: Mondays, 4-5:15pm**

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.

---

Scan QR Code for more information about Spiders Support Recovery

---

Email CAPS@richmond.edu for more information!