

CAPS Spring 2025 Groups & Programs

What is a program and how can it help me?

A program is a great first step for anyone pursuing CAPS services to develop useful, proactive skills to help you manage your current circumstances. These programs are designed to help you grow your own personal skills quickly and effectively. Each program consists of 3-5 sessions.

Managing Anxiety Program (MAP):

In this 3 week program participants will learn the physiological process of anxiety, identify their personal signs and symptoms of anxiety, learn and practice coping skills to manage anxiety symptoms.

Interpersonal Effectiveness Program:

This 3 week program teaches participants ways to communicate that strengthen current relationships, build new and satisfying relationships and end those relationships that are unhealthy.

Emotion Regulation Program:

In this 3 week program, participants will learn to decrease emotional suffering and manage their feelings to better cope with the situations they're in.

ADHD Management Skills Program: Executive FUN-ction

Participants in this 4 week program will learn time management and planning skills, and work to combat negative thinking and build self-esteem.

What are groups and how can they help me?

Groups are a beneficial form of therapy where students facing similar struggles join together to support and learn from each other. Groups provide an inclusive, safe, and nurturing environment. Groups are ongoing and meet weekly.

Navigating Through Grief and Loss Group:

This bi-weekly group provides a safe and consistent place to help manage the grief of losing a loved one (e.g., parent, other family member, friend, etc) as well as to listen to and support others who are experiencing similar losses.

Understanding Self and Others Group:

This weekly interpersonal process group allows participants to explore personal growth and explore feelings and thoughts in a collaborative environment. This is an open space to express concerns related to anxiety, depression, adjustment, loneliness, academic struggles.

Sista Circles Group:

A support group for Black Women & Femmes aimed to help cultivate community by providing a nurturing space to foster connections, share experiences, and uplift one another. Within these sessions you can expect to learn and develop new culturally relevant skills to manage stress, connect with others and process emotions with a supportive group. These sessions are drop-in and open to all.

