CAPS Spring 2021 Groups & Programs

All Groups and Programs will run virtually this Spring. Program days and times are subject to change based on interest. You do need to first register with CAPS and attend a Same-Day appointment (the CAPS Clinician you meet with then can help to schedule a group screening appointment.) Email caps@richmond.edu for more information or with questions.

ADHD Skills Program: Mondays 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: Fridays 1-2pm (starting February)
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.

Life Paths: Day and Time TBD
This 6-session 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.

Managing Anxiety Program (MAP): Tuesdays, 3:30-5pm & Fridays, 10:30am – 12pm
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: Mondays, 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.

Thriving in College: various times
College is more like a marathon than a sprint. It is important for mental and physical health, as well as academic performance, to develop habits and practices that will sustain you throughout the entire time you are in college, and beyond! Schedule a one-on-one, skill-building session to discuss sleep, exercise, gratitude, and/or other topics related to “doing college” well. Opportunity for group support, if interested!
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.

Black Student Support Group (BSSG): Day and Time TBD
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. Email Dr. Churchill (mchurchi@richmond.edu) or Dr. Small (csmall@richmond.edu) for more information.

KORU - The Mindful Path: Wednesdays, 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. Register at Koru Mindful Path Spring 2021 signup.

LGBTQIA Support Group: Fridays 12pm
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 (mwilson5@richmond.edu) to sign up.

SMART Recovery and All Recovery Meetings: Days and Times TBD
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. All Recovery Meetings will be offered on a weekly basis to include anyone working to make changes around a behavioral challenge or addiction. Please contact Sarah Wood (sarah.wood@richmond.edu; Sarah Brunet Suite 135 & 136) for more information and follow SpidersSupportRecovery on Instagram!

Survivor Support Group: Tuesdays 1-2:30pm
This is an 8-week virtual support group for student survivors of sexual or intimate partner violence. Please email the CARE Advocate (advocate@richmond.edu) for more information and to sign up.

Email CAPS@richmond.edu for more information!