

# CAPS Programs - Fall 2020

*All Groups and Programs will run virtually this Fall. You need to be a registered CAPS client to attend. Please ask the counselor you meet with or email the front desk staff to schedule you for a 15-20 minute screening. Program days and times are subject to change based on interest. Some programs run multiple times per semester. Not all programs may run each semester.*

## **ADHD Skills Program: Date and Time TBD (Mid-Semester 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.

## **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: 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.

## **Let's Talk about Good Sex!: Fridays 3:00-4:30pm (starting 9/18 or when filled)**

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.

## **Life Paths: Fridays 12-1pm (start by 10/9)**

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.

## **Managing Anxiety Program (MAP): Fridays, 10:30am – 12pm (additional session may be added based on interest)**

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.

**Continued** 

## **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 11am-12pm**

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.

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## **Other Group Opportunities**

*These opportunities are offered by CAPS staff 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): Thursdays 6-7:30pm (Starting August 20th)**

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 at [mchurchi@richmond.edu](mailto:mchurchi@richmond.edu) or Dr. Small at [csmall@richmond.edu](mailto:csmall@richmond.edu) to sign up.

### **KORU - The Mindful Path: Thursdays 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 at [sceperic@richmond.edu](mailto:sceperic@richmond.edu) to sign up.

### **LGBTQ+ Support Group: Date and Time 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.

### **Thriving in College: Mondays, 2:15 – 3:45pm**

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! Sleep, exercise, time management, gratitude, relationships, spirituality, a growth mindset, and other topics related to “doing college” well will be discussed. Ideal for first-year students. Open to anyone. Don’t need to be a client. No group screen needed. Email Dr. LeViness at [plevines@richmond.edu](mailto:plevines@richmond.edu) to sign up.