

CAPS Fall 2020 Groups (Via Zoom)

<p><u>Monday:</u></p> <p><u>AA/Black Scholars</u> Co-Facilitated by: Dr. Shao Li and Amanda Peterson, LMFT Starting: Sept. 14th Duration: 11am-12pm, Support hour/weekly</p> <p><u>Coping In Remote World</u> Facilitated by: Amanda Peterson, LMFT Starting: Sept. 14th Duration: 1pm-2pm</p> <p><u>Anxiety Toolbox</u> Facilitated by: Julie Ray, LMFT Starting: Sept. 14th Duration: 1pm-2pm/6 week session</p> <p><u>Woman's Trauma Group</u> Facilitated by: Julie Ray, LMFT Starting: Sept. 14th Duration: 3pm-4pm/6 week session</p>	<p><u>Thursday:</u></p> <p><u>Peer Recovery Support Group</u> Facilitated by: Dr. Laurel Eichler Starting: Sept. 3rd Duration: 1pm-2pm/weekly</p> <p><u>Mastering Myself & My Emotions- (DBT)</u> Facilitated by: Dr. William Johnson Starting: Sept. 3rd Duration: 3pm-4pm/weekly</p> <p><u>Men's Group</u> Facilitated by: Dr. Gabriel Zamudio Starting: Sept. 3rd Duration: 3pm-4pm/weekly</p> <p><u>Grad Support Group</u> Facilitated by: Dr. Shao Li Starting: Sept. 3rd Duration: 4pm-5pm/weekly</p>
<p><u>Tuesday:</u></p> <p><u>LGBTQ+ Center</u> Facilitated by: Dr. Shao Li Starting: Sept. 1st Duration: 11am-12pm. (drop in support hour)/weekly</p> <p><u>Coping with Grief and Loss Group</u> Facilitated by: Dr. Laurel Eichler Starting: Sept. 1st Duration: 1pm-2pm/weekly</p> <p><u>Managing Emotions Group</u> Facilitated by Amanda Peterson, LMFT Starting: Sept. 8th Duration: 3pm-4pm/weekly</p> <p><u>Men's Trauma Group</u> Facilitated by: Dr. William Johnson Starting: Sept. 1st Duration: 3pm-4pm/weekly</p>	<p><u>Friday:</u></p> <p>No CAPS Groups on Fridays</p>
<p><u>Wednesday:</u></p> <p><u>LGBTQ+ Trauma Group</u> Facilitated by: Julie Ray, LMFT Starting: Sept. 16th Duration: 1pm-2pm/6 week session</p> <p><u>Anxiety Toolbox</u> Facilitated by: Julie Ray, LMFT Starting: Sept. 16th Duration: 3pm-4pm/6 week session</p> <p><u>Latinx Support</u> Facilitated by: Dr. Gabriel Zamudio Starting: Sept. 2nd Duration: 3pm-4pm/weekly</p>	<p><u>CAPS Monthly Workshops:</u></p> <p><u>Sleep Workshops:</u> Facilitated by: Dr. William Johnson Tuesday, September 22nd Duration: 11am-12pm Thursday, September 24th Duration: 5pm-6pm</p> <p><u>CAPS Additional Support Options:</u> TAO CALM Chat with CAPS (Webinar Series)</p>

International Grad Group

Facilitated by: Dr. Shao Li

Starting: Sept. 2nd

Duration: 4pm-5pm, every two weeks