The Counseling Center Counseling and Psychological Services
A Department of Student Affairs

Drop-in Hours
CAPS Drop-In Hours provide free, confidential, brief consultations for UCLA undergraduate and graduate students. These consultations do not constitute mental health treatment. During the visit, a specialized counselor can help you to explore resources, assess your mental health, and when needed, connect you to ongoing CAPS counseling and other services.

Please see the CAPS Drop-in webpage for specific details: bit.ly/capsdrop-in

Undocumented Student Program (start Week 2)
Hours: Mondays, 10:00 am - 3:00 pm
Location: Virtual Only

Virtual Workshops:
- Bruin Guardian Scholars (BGS) Drop-in hours (in person at CAPS or Virtual):
  - Weeks 1, 3, 5, 6, 8, 9, 10:
    - Tuesdays: 1:00 - 3:00 pm
    - Weeks 4, 7:
    - Tuesday: 2:00 - 3:00 pm

School of Law: Mondays, Wednesdays, and Thursdays 9:00 am - 1:00 pm
(in person or virtual, virtual only Thursdays)

Behavioral Wellness Center:
Monday - Thursday 8:00 am - 6:00 pm
Fridays 8:00 am - 5:00 pm
(in person or virtual)

BEHAVIORAL WELLNESS CENTER

Crisis counseling available by phone 24 hours a day, 7 days a week (310) 825-0768

Virtual Mindfulness Drop-Ins
Mindfulness Awareness Research Center (MARC) is offering virtual mindfulness drop-in sessions throughout the Fall quarter.
For more information: www.uclahealth.org/marc

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Interested in Mental Health?
Join our Brain Mental Health Advisory Committee (BMHAC) Check out our website on how to join

Any Questions?
Check out our website on how to join

Follow us on Instagram @welcomescaps for more information

The RISE Center is a holistic wellness hub that provides an array of programs, classes, trainings, and self-directed resources to foster and support resilience, connection, and well-being for our UCLA community.

MINDFULNESS
We offer an array of mindful awareness promotion, including weekly meditations & grounding resources

DROP-IN SUPPORT
Meet with a Health & Well-being Coordinator for non-confidential drop-in conversations

SELF-CARE & RESILIENCE RESOURCES

COMMUNITY-SPECIFIC HEALING RESOURCES

ZEN-DEN
Our center serves as a space on campus to practice self-care, rest, and recharge

HOLISTIC WELLNESS EDUCATION
We offer intentional programming & trainings inclusive of holistic wellness education and healing practices

All registered and eligible students can receive up to 4 sessions of individual psychotherapy per academic year with 4 additional sessions for those with UCSHIP or as clinically indicated. Students needing longer treatment will receive assistance with connecting to their primary insurance provider and additional case management as needed.

Groups Offered Through Telehealth
Please be advised that most Winter quarter groups at CAPS will be offered through a Zoom telehealth platform that meets strict HIPAA privacy guidelines. A limited number of groups may be available in person — please ask the group leader for further information.

The RISE Center Information
Lu Valle Commons Basement
Mon-Thurs: 10:00 am-6:00pm
Friday: 10:00am-4:00pm
risecenter.ucla.edu
(310) 825-9039
@risecenterucla (IG/FB)

The RISE Center’s mission is to support campus mental health & wellness as an affiliate of CAPS at UCLA

RESILIENCE IN YOUR STUDENT EXPERIENCE
MENTAL HEALTH & WELLNESS PROMOTION

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Winter 2023 Therapy Groups

Therapy Groups are generally 5-8 weeks long and require a clinician referral into the group. Open to students with and without SHIP

**Academic Success Groups**

**Dissertation Writer's Group (For Graduate Students):** Are you a graduate student wanting a safe and supportive place to discuss issues and challenges regarding the Thesis or dissertation? This group will be a supportive place to discuss issues and concerns with peers and professors.

- **Meeting Times:** Thursdays: 10:00 - 11:30 am, 12:30 - 2:00 pm
- **Fridays:** 9:00 - 10:30 am

**Anxiety Groups**

**Breaking Free From Anxiety: Are you coping with any form of anxiety including chronic worry, social anxiety, obsessive thoughts, health related worry, or panic attacks? This group will help individuals who have anxiety disorders:**

- **Meeting Times:** Tuesdays: 10:00 - 11:30 am

**Conflictor Support Group: Conflictor (to us) is a support group where Latinx students can discuss and share issues that are relevant to their educational successes and challenges in the context of their cultural and personal experiences. Topics will include navigation of discrimination, family relationships, identity, dating, work, stigma, and discrimination.

- **Meeting Times:** Thursdays: 1:00 - 2:00 pm

**Survivors of Sexual Trauma Groups**

**Active Healing:** This group will emphasize building a sense of safety to aid in healing. The focus is on improving coping skills and regaining a greater sense of control and empowerment.

- **Meeting Times:** Mondays: 1:00 - 2:30 pm (female identified survivors); Thursdays: 11:00 - 12:30 pm (al genders)

**Emotional and Interpersonal Skills Groups**

**Confession of Your Inner Critic: Is your tendency to criticize or judge yourself impacting your academic success and relationships? This group will help you identify your inner critic and learn how to practice self-compassion as an alternative method to self-talk. Further, you will learn to develop mindfulness and self-compassion practices for every day life.

- **Meeting Times:** Mondays: 3:00 - 4:30 pm

**Mood Groups**

**Recovering from Depression: Have you lost interest in things you used to enjoy, been feeling down, fatigued or extremely unmotivated to do what you need to do? Group members will learn skills for managing both physical and mental health conditions, including chronic worry, social anxiety, obsessive thoughts, and health related worry.

- **Meeting Times:** Mondays: 10:00 - 11:30 am

**Student of Color Groups**

**Asian American Community Support Group: A group for students of Asian descent to empower oneself and connect with the Asian American community. Students will discuss their shared and unique experiences in navigating their Asian American identity. Topics may include: identity development and intersectionality: biases and stereotypes; career interest; body image; family and relationships; cultural foods and traditions.

- **Meeting Times:** Tuesdays: 1:00 - 2:30 pm

**Interpersonal Groups**

**Getting What You Want: Interpersonal Success Skills:** Do you struggle with asserting yourself in relationships, interpersonal problem solving, or knowing the costs involved in taking action? This structured and supportive group will help you develop assertive communication and build a skill set for responding to interactions with others? This 3 session skills-based group is for students who want to learn how to get their needs met in their interactions and relationships with others.

- **Meeting Times:** Fridays: 11:00 am - 12:00 pm

**Mind/Body Groups**

**Compassion for Your Inner Critic:** Is your tendency to criticize or judge yourself impacting your academic success and relationships? This group will help you identify your inner critic and learn how to practice self-compassion as an alternative method to self-talk. Further, you will learn to develop mindfulness and self-compassion practices for every day life.

- **Meeting Times:** Mondays: 3:00 - 4:30 pm

**Anxiety Groups**

**Break the Cycle of Anxiety: Are you overwhelmed by academic pressures and other stressful circumstances? This group is for students who want to learn about the impact of anxiety and how to manage it, Join this group to learn and practice a variety of anxiety management tools.

- **Meeting Times:** Wednesdays: 11:00 am - 12:00 pm

**Mind/Body Groups**

**Getting What You Want: Interpersonal Success Skills:** Do you struggle with asserting yourself in relationships, interpersonal problem solving, or knowing the costs involved in taking action? This structured and supportive group will help you develop assertive communication and build a skill set for responding to interactions with others? This 3 session skills-based group is for students who want to learn how to get their needs met in their interactions and relationships with others.

- **Meeting Times:** Fridays: 11:00 am - 12:00 pm