Virtual Mindfulness Drop-Ins

Mindfulness Awareness Research Center (MARC) is offering virtual mindfulness drop-ins throughout the fall quarter. For more information: www.urbgolden.org/marc

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:

http://bit.ly/capsdrop-in

Undocumented Student Program (start Week 1)
Hours: Thursdays, 1:00 - 4:00 pm
Location: Virtual Only

Dashwell Center for International Students and Scholars Program (start Week 3)
Hours: Wednesdays, 1:00 - 3:00 pm
Location: Virtual Only

SAC/Kerckhoff (start Week 2)
Community Programs Office, Bruin Resource Center, Transfer Student Center, LGBTQ Campus Resource Center, Black Bruin Resource Center, and the Graduate Student Resource Center.
Hours: Monday - Thursday, 1:00 - 3:00 pm
Location: Varies on day and time. See CAPS Drop-in webpage for specific locations.

Any Questions?
Follow us on Instagram @uscaps for more information!

Satellite Clinics
*please contact CAPS at (310 825-0768 for more information about our satellite clinics*

Anderson School of Management: Tuesdays, Wednesdays, & Thursdays 9:00 am - 1:00 pm (in person or virtual)
Athletics: Monday - Friday 8:00 am - 5:00 pm (in person or virtual)
Bruin Health and Wellness Center: Monday - Thursday 8:00 am - 5:00 pm (in person)
Bruin Guardian Scholars (BGS): Mondays 1, 3, 5, 7, 9, Tuesdays 1:00 - 3:00 pm, Wednesdays 2, 4, 6, 8, 10, Thursdays 1:00 - 2:00 pm (in person or virtual)
School of Business: Mondays and Thursdays 9:00 am - 1:00 pm (in person or virtual, virtual only Thursdays)
School of Engineering: Wednesdays 11:00 am - 1:00 pm (virtual), Fridays 1:00 - 3:00 pm (in person or virtual)
School of Law: Fridays 1:00 - 3:00 pm (virtual), Tuesdays 1:00 - 3:00 pm (in person or virtual)
School of Medicine: Mondays 1:00 - 3:00 pm (in person or virtual)
School of Nursing: Wednesdays 1:00 - 3:00 pm (in person or virtual)
School of Psychology: Tuesdays 1:00 - 3:00 pm (in person or virtual)
School of Social Work: Wednesdays 1:00 - 3:00 pm (in person or virtual)
Undocumented Student Program (start Week 1)
Hours: Thursdays, 1:00 - 4:00 pm
Location: Virtual Only

Drop-in Sessions

Mindfulness drop-ins occur weekly on Wednesdays, Thursdays, and Fridays. Drop-ins are free, confidential, and available on Zoom. You will be connected to a counselor for a 15-minute consultation. Each drop-in is designed to help you develop mindfulness skills and support your mental health.

Appointments can be made over the phone. To make your initial appointment, please call us between 9:00 am - 4:00 pm Mondays - Thursdays and 9:00 am - 3:00 pm on Fridays

Eligibility
All registered UCLA students are eligible for same day clinical consultation, help with coordination of mental health care and support, as well as referral and treatment recommendations, regardless of insurance plan or current residence.

Students In-State: Students residing in California are eligible for a triage assessment, short term individual therapy, and group therapy services at CAPS, when clinically appropriate. Students with UCHSIP are also eligible for group therapy services when clinically appropriate.

Out of State Students: Due to state law and California Board of Psychology and Board of Behavioral Services restrictions, students outside of California are eligible for our clinical coordination and referral to a provider in their local area based on student insurance plans.

Make an Appointment
Appointments can be made over the phone. To make your initial appointment, please call us between 9:00 am - 4:00 pm Mondays - Thursdays and 9:00 am - 3:00 pm on Fridays

Due to state law and California Board of Psychology and Board of Behavioral Services restrictions, students outside of California are eligible for our clinical coordination and referral to a provider in their local area based on student insurance plans.

Any Questions?
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Confidential Individual Counseling • Group Counseling • Urgent Services • Psychiatric Care • Sexual Assault Services • 24 Hour Access
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Confidential Individual Counseling • Group Counseling • Urgent Services • Psychiatric Care • Sexual Assault Services • 24 Hour Access
Spring 2022 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

Discipline 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 writing process? Topics discussed include procrastination, writers blocks, perfectionism, time management, confidence issues and conflicts with peers and professors. Tuesdays: 9:30 - 11:00 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 structured skill group uses acceptance and commitment therapy based strategies to help break the cycle of worry.

Thursday 2:00 - 3:30 pm

Overcoming Social Anxiety: Break the cycle of anxiety by learning coping skills for creating a healthier lifestyle, challenging destructive behaviors and improving relationships.

Tuesdays 9:00 - 10:30 am

Disordered Eating Groups

Disordered Eating I: This follow-up group is open to students who are committed to continuing the process of developing healthier eating, exercising, coping and relational skills. Members enhance their skills for creating a healthier lifestyle, challenging destructive behaviors and improving relationships.

Tuesdays 9:00 - 10:30 am

International Graduate Student Therapy Group: International students oftentimes face unique professional, personal, and immigration-related stressors that impact their emotional well-being. This group aims to help our international graduate students to feel connected, supported, and empowered.

Fridays 11:30 - 12:30 pm

Relationship Group for Undergraduate Students: This group will help you search for meaningful interpersonal relationships, find effective ways to connect and communicate with others, and understand what may be preventing you from achieving these goals.

Fridays 9:00 - 10:30 am

Mind/Body Groups

Being in the Moment: Learn how to reduce your stress, regulate your mood, improve your concentration, and enhance your mental and physical health with this intensive 7 week group that will train you in the ancient practice of mindful awareness. Group sessions will involve training in sitting, walking, and meditation and will help you to develop a daily mindfulness practice.

Tuesdays: 2:00 - 3:30 pm

Compassion for Your Inner Critic: Is your inner critic too harsh, or do you judge yourself impacting your academic life 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 compassion practices for every day life.

Wednesdays 1:00 - 2:30 pm

Wellness Skills Groups

Mind/Body Groups

Taming Your Inner Critic: This 3 session wellness skills group is designed for individuals who have developed the habit of being hard on themselves (e.g., related to academic, social, or emotional difficulty) and realize it is not working the way they hoped. This group aims to: help students identify their inner critic; understand the function and outcome of self-criticism; practice non-judgmental responses and self-compassion as an alternative method of self-talk.

Wednesdays 11:00 am - 12:00 pm

Interested in Signing Up for a CAPS Group? Let your clinic know so they can refer you to the group. If you do not have a clinician, please call for a triage appointment Monday - Thursday from 9:00 am - 4:00 pm and Fridays 9:00 am - 2:00 pm. "The triage queue may close early due to high demand."

Crisis Counseling available by phone (310) 825-0768 24 hours www.counseling.ucla.edu

Student of Color Groups

Graduate Students of Color: Focal and ethnic minority communities of color suffer disproportionately due to various unique stressors. However, our narrative is not a tragic one. Although we experience multiple forms of oppression, the resilient unique resilience including resistance to oppression, pride and excellence. This group is designed to increase awareness and personal responsibility within a supportive and brave social context of respect and empowerment.

Thursdays 11:30 - 12:30 pm

Survivors of Sexual Trauma Groups

Active Healing: This group emphasizes building a sense of safety to aid in the process of understanding the impact of trauma. The group offers a safe space to share experiences, connect with others, and receive support in the healing process. The focus is on improving coping skills and redefining the sense of safety. EMDR techniques will also be used to support the healing process.

Mondays: 2:00 - 3:30 pm (female identified survivors)

Wednesdays: 9:00 - 10:30 am (all genders)

Wellness Skills Group

Wellness Skills Group are generally 3 weeks long; please call CAPS Front Desk at (310) 825-0768 to enroll. Open to students with and without SHIP.

Academic Success Groups

Academic Success Groups

Finding Focus: Need help with concentration problems, ADHD and other academic difficulties? This group will help you identify academic strengths and weaknesses; observe how distraction, concentration and memory impact your academic performance; build academic performance management tools.

Mondays: 9:00 - 10:30 am

Interpersonal Groups

Getting What You Want: Interpersonal Effectiveness Skills: Do you struggle with asserting yourself in relationships, interpersonal problems, or feeling good about yourself after interactions with others? This 3 session skills-based group is for students wanting to learn how to get their needs met in their Interactions and relationships with others.

Mondays: 1:00 - 2:00 pm

Anxiety Groups

Anxiety Groups

Break the Cycle of Anxiety: Are you feeling overwhelmed by academic pressures and other stressful circumstances? This group will help you identify academic strengths and weaknesses; understand how to maximize attention, concentration and memory; improve your academic performance management tools; build academic performance management tools.

Mondays: 9:00 - 10:30 am

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Mind/Body Groups

Confial Support Group: (Confial to trust) is a support group where Latinx students can discuss and share issues that are related to their education and personal challenges in the context of their cultural and personal experiences. Topics include navigating cultural contexts, family relationships, identity, dating, work, stigma, and discrimination.

Thursdays: 3:00 - 4:30 pm

Confiar Support Group:

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Wednesdays 1:00 - 2:30 pm

Mind/Body Groups

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Mood Groups

Mood Groups

Recovering from Depression: Have you lost interest in things you used to enjoy, been feeling down, fatigued or extremely unwell? Do you want to do what you need to? Group members will learn strategies to modify both cognitive and behavioral patterns associated with depression as well as improving functioning and quality of life.

Mondays: 2:00 - 3:30 pm

Sexual Orientation & Gender Groups

Gender Identity Spectrum Group: This 7-week therapy skills group is designed for students who are transitioning and/or identifying as trans-gender, gender fluid, and gender non-conforming in their identity and expression. Issues to be addressed include: challenges coming out to oneself and others, negotiating gendered environments, establishing identity-affirming relationships, coping with minority stress and gender binary norms, accessing health and social services supportive of trans-gender people, addressing issues related to the transitioning process and adjustment to a new social identity.

Mondays: 3:00 - 4:30 pm

Fridays: 2:00 - 3:30 pm

Thursdays: 3:00 - 4:30 pm

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