Objectives of the training include: recognizing that we are all affected by the context of suicide. Other campus partners who may have similar offerings to the request. Training reservations only. Most requests for outreach presentations are meant for outreach requests and will be on 4/7 9:00 am - 10:30 am, 4/18 9:00 am - 10:30 am, 6/4 12:00 pm - 1:30 pm through Zoom. RSVP required. http://bit.ly/svsmCAPS

Assisting Distressed & Distressing Students Faculty, TAs, and staff play a critical role in a student's university experience and are in a position to become aware of a student in distress even during remote classes. This workshop will help participants understand how to create a culture of health in their sphere of influence, what resources are available to students in distress, and how they can assist students in getting connected with them. Participants will also hear about emergency procedures regarding distressed or distressing students.

Any Questions? Interested in Mental Health? Please note: svsmcaps.ucla.edu is meant for outreach requests and training reservations only. Most requests for outreach presentations require at least 3 weeks advance notice. Requests may be forwarded to other campus partners who may have similar offers to the request. For clinical matters, please contact your clinician securely using the following information about your treatment to anyone who is not directly involved in your care.

Virtual Mindfulness Drop-Ins
Mindfulness Awareness Research Center (MARC) is offering virtual mindfulness drop ins through the Fall quarter. For more information: www.bit.ly/mindfulminds

School of Engineering: Wednesdays 11:00 am - 1:00 pm (virtual), Fridays 1:00 - 3:00 pm (in person or virtual) *weeks 5 - 10*

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

School of Medicine: Mondays 9:00 am - 11:00 am (in person or virtual), Tuesdays 12:00 pm - 2:00 pm (virtual), Thursdays 12:00 pm - 2:00 pm (virtual)

School of Dentistry: Thursdays 1:00 - 3:00 pm (virtual), Fridays 1:00 - 3:00 pm (virtual)

School of Nursing: Wednesdays 12:00 pm - 2:00 pm (in person or virtual, virtual only)

School of Nursing: Thursdays 1:00 - 3:00 pm (in person or virtual, virtual only)

Spring 2022
The Counseling Center Counseling and Psychological Services
A Department of Student Affairs
John Wooden Center West
Monday, Tuesday, Thursday: 8:00 am - 5:30 pm, Wednesday: 9:00 am - 5:30 pm (By Appointment Only after 4 pm), Friday: 8:00 am - 5:00 pm (By Appointment after 3 pm), www.counseling.ucla.edu
Crisis counseling available by phone 24 hours a day, 7 days a week (310) 825-0768

THRU@CAPS drops in are available every week. Check the CAPS drop-in webpage for specific details. Please see the CAPS drop-in webpage for specific details.

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

Dashawn 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.

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Resilience in the Student Experience (RISE)
Resilience in the Student Experience (RISE), is an affiliate program and physical extension of Counseling and Psychological Services (CAPS). RISE serves as CAPS holistic wellness hub and provides an array of programs, classes, trainings, and self-directed resources to foster and support resilience, connection, and well-being. Check out their Virtual RISE Center that offers live and pre-recorded opportunities for self-care, reflection, connection and restoration at riscercenter.ucla.edu.

Therapy Assisted Online (TAO)
TAO is a self-help platform built to support student educational and skill developmental needs in the areas of mental wellness and overall well-being. TAO self-help tools can be used when students need support and education for common issues such as: improving mood, calming anxiety, managing stress, and improving relationships. It is free for all UCLA students.

For more information, head to www.counseling.ucla.edu/tao
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

Dissertation Writing Group (For Graduate Students)
Are you a graduate student wanting a safe and supportive space to discuss issues and challenges regarding The Thesis or Dissertation writing process? Topics discussed include procrastination, writer’s block, perfectionism, time management, confidence issues and conflicts with peers and professors.
Tuesdays: 9:30 - 11:00 am

Anxiety Group

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 group utilizes cognitive behavioral and acceptance based strategies to help break the cycle of anxiety.
Fridays: 2:00 - 3:30 pm

Keep Your Calm: For students who have completed a previous mood disorder group (Breaking Free from Anxiety, Overcoming Social Anxiety, Living Free of OCD, or Recovering from Depression). Members will continue the process of dealing with anxiety and learning strategies for managing anxiety and working through challenges to maintain emotional balance.
Thursdays: 3:00 - 4:30 pm

Overcoming Social Anxiety: This group helps students overcome anxiety in a variety of social situations, including speaking in groups, initiating and maintaining conversations, meeting new people, going to parties, and being assertive. This structured group utilizes cognitive behavioral principles and acceptance based strategies to help address anxiety and social fears.
Wednesdays: 1:00 - 2:00 pm

Disordered Eating Groups

Disordered Eating I: This follow-up group is open to students who are committed to continuing the process of developing a healthier lifestyle, eating, exercising, and relational skills. Members enhance their skills for creating a healthier lifestyle, challenging destructive behaviors and improving relationships.
Mondays: 9:30 - 11:00 am
Thursdays: 10:00 - 11:30 am

Disordered Eating II: This 7-week therapy skills course is designed for students wanting to learn how to be more comfortable and effective in communicating their needs in their personal, academic, and professional relationships. Participants will learn how to find their voice and navigate conflict when dealing with challenges in a variety of relationships, such as with roommates, parents, coworkers, and professors.
Wednesdays: 4:15 - 5:45 pm

Emotional and Interpersonal Skills Groups

Assertiveness Skills Group: This 7-week therapy skills course is designed for students wanting to learn how to be more comfortable and effective in communicating their needs in their personal, academic, and professional relationships. Participants will learn how to find their voice and navigate conflict when dealing with challenges in a variety of relationships, such as with roommates, parents, coworkers, and professors.
Wednesdays: 1:00 - 2:30 pm

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 mindfulness meditation.
Wednesdays: 11:00 am - 12:00 pm

Grief Groups

Bruins Living with Loss and Grief: Join other Bruins in a space of healing and compassionate care. This group is offered to all Bruins who are struggling with the loss of a significant person in their lives. The group provides a space to share, receive support and honor the unique grief experience.
Mondays: 10:00 - 11:30 am

Interpersonal Process Groups

Grad Students Therapy Group: Many graduate students have expressed feelings of isolation and loneliness when they devote their energy to securing their future while struggling to balance their lives. This group will help you gain insight into your interactions with others, the way you do, give you opportunities to try new ways of connecting with others, and provide support and feedback as you learn more about yourself and your relationships.
Thursdays: 1:00 - 2:30 pm

Understanding Self and Others: For students who want to deepen their understanding of themselves, and their relationships with others. This group will help you gain insight into your interactions with others, the way you do, give you opportunities to try new ways of connecting with others, and provide support and feedback as you learn more about yourself and your relationships.
Thursdays: 1:00 - 2:30 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 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: For students who are exploring and/or identify as trans-gender, gender fluid, and gender nonconforming 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
Thursdays: 2:00 - 3:30 pm

Thriving with Pride: This 8-session CBT/PERT group is focused on building new insight and understanding by observing the ways in which our thoughts, behaviors, and emotions are shaped and changed by cultural experiences and exploring cultural contexts.
Wednesdays: 4:15 - 5:45 pm

Confiar Support Group: Confiar (to trust) is a support group where Latinx students can discuss and share issues that are related to their cultural identity and struggles in the context of the cultural and personal experiences. Topics will include navigating cultural contexts, family dynamics, friendships, identity, dating, work, stigma, and discrimination.
Thursdays: 3:00 - 4:30 pm

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Thursdays: 3:00 - 4:30 pm

Wellness Skills Groups

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

Finding Focus: Need help with concentration problems, ADHD and other academic difficulties? This group will help you develop strategies for improved concentration and memory; improve your academic performance by developing study and anxiety management; decrease test and writing anxiety; and manage personal, social and campus support to improve college success.
Mondays: 9:00 am - 10:30 am
Wednesdays: 1:00 - 2:30 pm

Overcoming Procrastination: If your procrastination has become problematic or embarrassing, this group can offer some help. Explore reasons behind excessive procrastination and discuss the costs involved through this structured and supportive group. Learn and practice specific tools to create realistic goals, manage time better and increase productivity.
Wednesdays: 1:00 - 2:30 pm

Anxiety Groups

Break the Cycle of Anxiety: Are you feeling overwhelmed by academic pressures and other stressful circumstances? This group is for students who want to learn about anxiety and how to manage it. Join this group to learn and practice a variety of anxiety management tools.
Thursdays: 1:00 - 2:00 pm

Intergroup Groups

Getting What You Want: Intergroup 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 who want to learn how to gain what their needs met in their Interactions and relationships with others.
Thursdays: 1:00 - 2:00 pm

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 difficulties) and realize it is not working the way they hoped. This group aims to help students access their inner critic, reframe its message, and 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 clinician know so they can refer you to the group. If you do not have a clinician, please call for a triage appointment Monday - Thursday 9:00 am - 4:00 pm and Fridays 9:00 am - 3:00 pm. *The triage queue may close early due to high demand.*