Virtual Mindfulness Drop-Ins

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

Virtual Drop-In Hours

As a temporary alternative to our regular drop in consultations, our CAPS Virtual Drop In Hours will provide free, confidential, brief support or mental health screenings for students starting week 3. During this 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. To schedule a drop in session, call the CAPS Front Desk (310) 825-0768 and indicate designated drop-in location or counselor.

Please refer to our CAPS website for more information about our Drop-In Services at SAC and Kerrhoff communities (i.e. Brain Resource Center communities, Transfer Student Center, Community Programs Office, Black Brains Resource Center, GBRC).

CAPS and USP will continue to offer virtual Drop-In services on Thursdays 1:00 - 3:00 pm and drop in group, UndocuScholars, will run on Thursdays from 3:00 - 4:30 pm, Weeks 1 - 10.

Any Questions?
Any general inquiries about CAPS can be sent to info@caps.ucla.edu.
**Winter 2022 Therapy Groups**

**Therapy Groups** are generally 5-8 weeks long and require a group 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/Dissertation writing process? Topics discussed include procrastination, writers 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 uses cognitive behavioral and exposure based strategies to help break the cycle of anxiety.

Fridays: 2:00 - 3:30 pm

**College Student Stress:** This is a support group for college students addressing stress related to financial barriers, immigration status and under-performance to others; stress related to financial barriers, immigration status. Issues addressed include: coming out with challenges related to immigration and avoidance behaviors. Focus will be on mindfulness and self-compassion practices for developing healthier thinking patterns and increasing resilience.

**Disordered Eating Groups**

- **Disordered Eating I:** Develop skills for creating a healthier lifestyle, challenging destructive behaviors and improving relationships. This group is designed to help members understand the connections among disordered eating and relationships, weight and shape concerns, situational triggers and personal factors.
  
  Mondays: 1:00 - 2:30 pm

- **Disordered Eating II:** 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

**Emotional and Interpersonal Skills Groups**

**Assessment Skills Group:** This 7-week therapy skills course is designed for students wanting to learn how to be more assertive. They will learn to state their needs and assertively communicate in situations in which they are feeling anxious or uncertain. The focus of this group is to teach self-efficacy and to foster an environment of safety and understanding.

Wednesdays: 11:00 am - 12:30 pm  
**Additional times may be available**

**Gifts from Mindfulness:** Group sessions will involve training in sitting, walking and eating meditation and will help you develop a daily mindfulness practice. This group will help you learn and practice a variety of anxiety control techniques.

Fridays: 1:00 - 2:00 pm

**Mind/Body Groups**

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

Thursdays: 11:00 am - 12:30 pm

**Compassion for Your Inner Critic:** Is your tendency to criticize or 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.

Mondays: 10:00 - 11:30 am

**Overcoming Procrastination:** If you find it hard to get things done or feel procrastination is holding you back, this group may offer some helpful insights. The focus of this group will be on overcoming procrastination and discussing the obstacles involved in following this structured and supportive group. Learning to practice practical tools to create real goals, manage time better and increase productivity.

Tuesdays: 2:00 - 3:00 pm

**Confiar Support Group:**

This group is a support group where Latinx students can discuss and share issues that are relevant to their educational successes and challenges, work related issues, and issues related to personal experiences. Topics will include navigating cultural contexts, family relationships, identity, dating and relationships, and language discrimination.

Thursdays: 3:00 - 4:30 pm

**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 the American identity. Topics may include identity development and intersectionality; biases and stereotypes; career interests; body image and relationships; cultural foods and traditions.

Tuesdays: 1:00 - 2:30 pm

**Black and Brown:** A group for “Black Bruins” and any other students interested in promoting a sense of community for those of African descent on the UCLA campus. This group will help students of mixed ethnic background, LBTQI+, first generation, former foster youth, international students, as well as students who struggle with stress of dealing with cultural norms, attitudes and biases, atheist and students from the economically disadvantaged and marginalized backgrounds. The group focuses on overcoming gender role expectations, improving self-awareness, and encouraging curiosity and creativity.

Mondays: 12:00 - 1:30 pm

**Survivors of Sexual Trauma Groups**

**Active Healing:** This group will emphasize 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 regaining a greater sense of control and empowerment. EDOR techniques will also be discussed.

Thursdays: 10:00 - 11:30 am (female identified survivors)  
Wednesdays 9:00 - 10:30 am (all genders)

**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.

**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 or intellectual challenges) and want to practice non-judgmental responses and self-compassion in these contexts.

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 clinic, please call CAPS Front Desk at (310) 825-0768 for assistance.

**Tacoma Teach:** This 3 session wellness skills group is designed for individuals who are struggling to overcome difficult life circumstances and want to practice non-judgmental responses and self-compassion.

Thursdays: 9:00 am - 4:00 pm and Fridays 9:00 am - 3:00 pm. *The triage queue may close early due to high demand.*