Virtual Mindfulness Drop-Ins

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

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

Behavioral Wellness Center:

Monday - Thursday 8:00 am - 5:00 pm, Fridays 8:00 am - 5:00 pm

Brain Guardian Scholars (BGS):

Request to schedule a time to speak with Noemi Roman, LMFT or request a Brain Guardian Scholar (BGS) Drop-In appointment

School of Engineering:

Days/Times to be determined

School of Law:

Days/Times to be determined

Resilience in the Student Experience (RISE)

Say hello to 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 Resilience Center that offers live and pre-recorded opportunities for self-care, reflection, connection and restoration at risecenter.ucla.edu.

LiveHealth Online

LiveHealth Online enables you to see a Licensed Therapist or Psychiatrist through your phone, tablet or computer with internet access. It is available 24 hours a day on weekdays, weekends and campus holidays. Login codes are available from CAPS to cover any out of pocket costs so that these services are free to UCLA students.

We have two separate codes, one for therapy and the other for psychiatry. To receive these codes, please call the CAPS front desk at (310) 825-0768. Please note that students with UCCHIP do not need to use any codes to receive all mental health services free of charge. Access LiveHealth Online at www.livehealthonline.com.

Therapy Assisted Online (TAO)

TAO is a self-help platform built to support student educational and skill development needs in the areas of mental wellness and overall well-being. TAO self-help tools can be used when students need support for common issues such as: Improving mood, calming anxiety, managing stress, and improving relationships. It is free for all UCLA students. counseling.ucla.edu/tao
FALL 2021 Virtual Therapy Group Offerings

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 provide a supportive space to discuss issues and conflicts with peers and professors.
Tuesdays: 9:30 - 11:00 am

Anxiety Groups

Breaking Free From Anxiety:
Are you coping with anxiety including chronic worry, social anxiety, obsessive thoughts, health related worry, or panic attacks? This structured skill-based group uses 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 (Break Free From Anxiety, Overcoming Social Anxiety, Living Free of OCD, or Recovering from Depression). Members will continue the process of developing and practicing strategies to challenge emotion driven and avoidance behaviors. Focus will be on increasing emotional awareness and mindfulness practice within group and identifying opportunities to apply these skills outside group.
Thursdays: 1:00 - 2:30 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 skills group utilizes cognitive-behavioral acceptance based approaches to help you become more socially involved.
Tuesdays: 10:00 - 11:30 am

Community-Focused Groups
Immigration-Impacted Student Support Group:
This group is for any student who has immigration-related concerns, including undocumented students, students in mixed-status families, and students of mixed immigration statuses/temporary visas. This supportive space is designed to increase cultural awareness, foster belonging, and build community to discuss shared experiences and concerns. Topics may include: the unique challenges adjusting to UCLA, experiences with discrimination on campus and beyond, the LA community, and exploration on immigration-specific issues.
Tuesdays: 3:00 - 4:30 pm

UndocuBruins Therapy Group:
This support group welcomes undocumented students who are coping with challenges related to immigration status. Issues addressed include coming out to peers; stress related to financial barriers, immigration status and under-representation on campus; accessing health and social services; issues related to transitions upon graduation.
Thursdays: 3:00 - 4:30 pm

Disordered Eating Groups
Disordered Eating I:
Develop skills for creating a healthier lifestyle, challenging destructive behaviors and enhancing 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.
Fridays: 10:00 - 11:30 am

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

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 process.
Mondays: 10:00 - 11:30 am

Interpersonal Process Group
Grad Student 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. The specific focus of the group will be determined by members needs with an emphasis on the special needs and issues of graduate students.
Tuesdays: 4:00 - 5:30 pm
Tuesdays: 9:00 - 10:30 am
Wednesdays: 9:00 - 10:30 am
Thursdays: 9:00 - 10:30 pm
Fridays: 9:00 am - 10:30 am
1:00 - 2:30 pm
*Additional times may be available

Mood Groups
Recovering From Depression:
Have you lost interest in things you used to enjoy; felt fatigued, unmotivated or extremely uninterested in what you used 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.
Wednesdays: 1:00 - 2:30 pm

Sexual Orientation & Gender Groups
Gender Identity Spectrum Group:
From exploring and identifying as trans-focused, 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, exploring identity-affirmatory relationships, coping with minority stress and gender binary norms, accessing health and social services supportive of trans-people, addressing issues related to the transition process and adjustment to a new social identity.
Mondays: 10:00 - 11:30 am

Survivors of Sexual Trauma Groups
Open to All Students (SHIP & Non-SHIP)
Active Healing:
This group is for female identified survivors of sexual assault/sexual abuse. 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. EMDR techniques will also be used to support the healing process.
Thursdays: 10:00 - 11:30 am

Students of Color Groups
Asian American Community Support Group:
A group for students of Asian descent to empower one self 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; and politics and traditions.
Tuesdays: 1:00 - 3:00 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 also includes students of mixed ethnic background, LGBTQ+, first generation, former foster youth, international students, as well as students of varying ability, students of varying faiths, atheist and students from the economically disadvantaged and advantaged backgrounds. The group focuses on building a sense of community, improving self-awareness, and encouraging curiosity and creativity.
Mondays: 12:00 - 1:30 pm

Confiar Support Group:
Confúr (to trust) 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 navigating cultural families, contexts, relationships, identity, dating, work, stigma, and discrimination.
Thursdays: 3:30 - 5:00 pm

Graduate Students of Color:
Racial and ethnic minority communities of color suffer disproportionately due to various unique stressors. However, our narrative is not a tragic one. Although we face adversities, we also demonstrate a unique resilience including resistance, support, and excellence. This group is designed to increase awareness and personal responsibility within a supportive and brave social context of respect and empowerment.
Mondays: 3:00 - 4:30 pm

Interested in Signing Up for a CAPS Group?
If your clinician would like to refer you to the group. If you do not have a clinician, please call for a triage assessment.
Monday - Thursday from 9:00 am - 4:00 pm and Friday 9:00 am - 3:00 pm
*The triage queue may close early due to high demand.*

Academic Success Groups
Finding Focus:
Need help with concentration problems, ADHD and other academic difficulties? This group will help identify academic strengths and weaknesses; understand how to maximize attention, concentration and memory; improve your academic performance skills; decrease anxiety and manage stress; decrease test and writing anxiety; and manage your time and maintain social and campus support to improve college success.
Mondays: 9:00 - 10:30 am

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: 2:30 - 3:00 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

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 (attributed to academic, social, or emotional difficulties) 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; and increase self-compassion as an alternative method to self-criticism.
Thursdays: 3:00 - 4:00 pm

Wellness Skills Groups

"Open to students with and without SHIP."

"Finding Focus may close early due to clinician demand.*

*For Graduate Students*

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 assessment.
Monday - Thursday from 9:00 am - 4:00 pm and
Friday 9:00 am - 3:00 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