



CAPS Wellness Workshops — Spring 2018

1/14	@ 12	Monday	Mindfulness Mondays
1/16	@ 12	Wednesday	Purr-fectly Stress-Free
1/22	@ 12	Tuesday	Drum Your Stress Away
1/23	@ 11:30	Wednesday	Paws-a-tively Stress Free
1/30	@ 12	Wednesday	Bodhi the Therapy Dog
2/4	@ 12	Monday	Mindfulness Mondays
2/5	@ 1	Tuesday	Take Charge of Social Anxiety
2/14	@ 4:30	Thursday	Stoneman Douglas Support
2/19	@ 12	Tuesday	Take Charge of Test Anxiety
2/19	@ 12	Tuesday	Drum Your Stress Away
2/27	@ 1	Wednesday	QPR Training
3/4	@ 12	Monday	Mindfulness Mondays
3/19	@ 12	Tuesday	QPR Training
4/1	@ 11	Monday	Mindfulness Monday with Nature
4/9	@ 12	Tuesday	Take Charge of Your Mood
4/10	@ 12	Wednesday	Purr-fectly Stress Free
4/16	@ 12	Tuesday	Drum Your Stress Away
4/17	@ 12	Wednesday	Paws-a-tively Stress Free
4/23	@ 12	Tuesday	Take Charge of Test Anxiety
4/24	@ 1	Wednesday	Bodhi the Therapy Dog

Workshops are **free, require no sign-up**, and space is provided on a first-come first-serve basis.

CAPS Group Rooms | Building 27