



CAPS Workshops Fall 2019

Mindfulness Mondays

12:00-1:00pm

Every Monday, excluding Veteran's Day

PAWS Event

9/11/2019, 12:00-2:00pm

PURRS Event

9/12/2019, 12:00-1:30pm

Take Charge Tuesday: Social Anxiety

9/17/2019, 12:00-1:00pm

Trans 101: Trans Identity

9/24/2019, 12:00-1:00pm

Drum Your Stress Away

9/25/2019, 3:00-4:00pm

Bodhi the Therapy Dog

9/26/2019, 12:00-1:00pm

Take Charge Tuesday: Test Anxiety

10/01/2019, 12:00-1:00pm

Setting Healthy Boundaries

10/03/2019, 12:00-1:00pm

Trans 102: Trans-Focused Allyship

10/09/2019, 12:00-1:00pm

Take Charge Tuesday: Mood Management

10/15/2019, 12:00-1:00pm

Drum Your Stress Away

10/16/2019, 3:00-4:00pm

Men's Workshop

10/22/2019, 12:00-1:00pm

Allyship and Wellness

10/23/2019, 12:00-1:00pm

Bodhi the Therapy Dog

10/24/2019, 12:00-1:00pm

Take Charge Tuesday: Social Anxiety

10/29/2019, 12:00-1:00pm

DBT I: Mindfulness

10/30/2019, 12:00-1:00pm

Drum Your Stress Away

11/04/2019, 11:00am-12:00pm

Trans 103: Transition Options

11/05/2019, 12:00-1:00pm

DBT II: Interpersonal Effectiveness

11/06/2019, 12:00-1:00pm

Take Charge Tuesday: Mood Management

11/12/2019, 12:00-1:00pm

DBT III: Emotion Regulation

11/13/2019, 12:00-1:00pm

Home for the Holidays

11/14/2019, 12:00-1:00pm

PURRS Event

11/18/2019, 11:00am-12:30pm

LGBTQ+ Home for the Holidays

11/19/2019, 12:00-1:00pm

DBT IV: Distress Tolerance

11/20/2019, 12:00-1:00pm

PAWS Event

11/20/2019, 12:00-2:00pm

Take Charge Tuesday: Test Anxiety

12/03/2019, 12:00-1:00pm

Trans 104: Trans-Focused Healthy Sexuality

12/04/2019, 12:00-1:00pm

All events are drop-in and do not require pre-registration, although space is limited. For questions about accessibility or to request accommodations, please contact us at our main line: (407) 823-2811.