



## CAPS Workshops Spring 2020

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### **Mindfulness Monday**

January: 1/13, 1/27

February: 2/3, 2/10, 2/17, 2/24

March: 3/2, 3/16, 3/23, 3/30

April: 4/6, 4/13

### **Take Charge: Mood Management**

1/14, 2/25, 4/16

### **QPR: Question, Persuade, Refer**

1/15, 2/10, 3/3, 4/7

### **Setting Healthy Boundaries**

1/16

### **Sleep Hygiene**

1/21

### **Trans 101: Trans Identity**

1/22

### **Bodhi the Therapy Dog**

1/23, 3/4

### **Drum Your Stress Away**

1/28\* (11:00 a.m.)

### **Take Charge: Social Anxiety**

1/30, 3/17

### **Therapeutic Art**

2/5, 2/18

### **Gun Violence Support**

2/6, 2/13

### **Take Charge: Test Anxiety**

2/10, 3/31

### **Drum Your Stress Away**

2/18, 3/18, 4/15

### **NEDA Workshop**

2/26

### **Trans 102: Transition Options**

2/27

### **DBT I: Mindfulness**

3/23

### **Self-Compassion**

3/19, 4/9

### **Trans 103: Trans-Inclusive Sex Ed**

3/24

### **DBT II: Interpersonal Effectiveness**

3/25

### **DBT III: Emotion Regulation**

4/1

### **DBT IV: Distress Tolerance**

4/8

### **Trans 104: Going Home for the Summer**

4/14

All events are drop-in and do not require pre-registration, although space is limited. All workshops begin at 12:00 p.m. unless noted on otherwise on this document. For questions about accessibility or to request accommodations, please contact us at our main line: (407) 823-2811.

**CAPS | Building 27**