CAPS Workshops Fall 2020

CAPS workshops are free for enrolled students. Registration is required. To register, please visit the following link: https://bit.ly/CAPSWorkshops-Fall_2020-Registration For more information regarding each Workshop, please see the UCF Events Calendar.

August:
31 - Creating Healthy Relationships at 12pm

September:
1 - Take Charge: Social Anxiety at 12pm
2 - Mid-Week Mindfulness at 12pm
3 - Well-Being at UCF at 11am
3 - Setting Healthy Boundaries at 2pm
8 - Take Charge: Test Anxiety at 4pm
9 - Front Line and Essential Worker Support at 1pm
9 - Mid-Week Mindfulness at 12pm
14 - Healthy Sleep at 11am
15 - Take Charge: Mood Management at 12pm
16 - Mid-Week Mindfulness at 12pm
16 - Front Line and Essential Worker Support at 1pm
17 - Trans 101 at 2pm
22 - Take Charge: Stress Management at 12pm
23 - Mid-Week Mindfulness at 12pm
23 - Front Line and Essential Worker Support at 1pm
24 - CAPS Book Club: Antiracism & BLM at 12pm
28 - Embracing Uncertainty! An OCD Workshop at 12pm
29 - Take Charge: Social Anxiety at 12pm
30 - Mid-Week Mindfulness at 12pm
30 - Coping Through Music at 12pm
CAPS Workshops Fall 2020

October:
1 - QPR at 12pm
6 - Take Charge: Test Anxiety at 12pm
6 - Improving Interpersonal Communication at 12pm
6 - Rainbow Connection at 2pm
7 - Mid-Week Mindfulness at 12pm
7 - Adverse Childhood Experiences (ACEs): What and Why? At 1pm
8 - Setting Healthy Boundaries at 12pm
12 - How much is too much is too much? Exploring Alcohol Use Workshop at 12pm
13 - Take Charge: Mood Management
13 - Improving Interpersonal Communication
14 - Mid-Week Mindfulness
14 - Adverse Childhood Experiences (ACEs): What and Why? At 1pm
15 - Trans 101 at 12pm
19 - Alcohol and the College Experience at 12pm
20 - Rainbow Connection at 2pm
20 - Take Charge: Stress Management at 12pm
20 - Improving Interpersonal Communication at 12pm
21 - Mid-Week Mindfulness at 12pm
21 - DBT Skills: Distress Tolerance at 1pm
21 - Coping Through Music at 12pm
22 - CAPS Book Club: Antiracism & BLM at 12pm
22 - Achieve Your Goals at 1pm
26 - Coffee & Conversation at 12pm
27 - Take Charge: Social Anxiety at 12pm
27 - Improving Interpersonal Communication at 12pm
28 - Mid-Week Mindfulness at 12pm
28 - DBT Skills: Emotion Regulation at 1pm
29 - Racial Trauma Healing at 12pm
November:
2 - Coffee & Conversation at 12pm
2 - Trans 101 at 3pm
3 - Rainbow Connection at 2pm
3 - Take Charge: Test Anxiety at 12pm
4 - Mid-Week Mindfulness at 12pm
4 - DBT Skills: Interpersonal Effectiveness at 1pm
5 - Healthy Coping Series at 12pm
9 - Coffee & Conversation at 12pm
10 - Take Charge: Mood Management
12 - Healthy Sleep at 3pm
16 - Coffee & Conversation at 12pm
16 - CAPS Book Club: Antiracism & BLM at 12pm
17 - Rainbow Connection at 2pm
17 - Take Charge: Stress Management at 12pm
18 - Coping Through Music at 11am
18 - Mid-Week Mindfulness at 12pm
18 - DBT Skills: Mindfulness at 1pm
19 - Going Home for the Holidays at 3pm
19 - Healthy Coping Series at 12pm
23 - Self-Care and Boundaries During the Holidays at 12pm
24 - Take Charge: Social Anxiety at 12pm
25 - Mid-Week Mindfulness at 12pm
30 - Trans 101 at 11am

December:
1 - Take Charge: Test Anxiety at 12pm
1 - QPR at 1pm
2 - Mid-Week Mindfulness at 3pm
3 - Healthy Coping Series at 12pm
3 - Setting Healthy Boundaries at 2pm