



# 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](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**



## CAPS Workshops Fall 2020

### 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