

CAPS Summer B 2021

Online Mental Health Workshops



June 30	1:00	Therapeutic Journaling
July 1	2:00	DBT workshop - Distress Tolerance
July 2	11:00	Managing the Negative Inner Critic
July 2	1:00	Supporting AAPI Students
July 6	1:00	First Year Transition & Success
July 7	3:00	Coping Through Music
July 8	11:00	LGBTQ+ Chat
July 9	11:00	Managing the Negative Inner Critic
July 9	12:30	Supporting Black Knights: Black Lives Matter
July 12	12:00	Setting Healthy Boundaries
July 13	1:00	Improving Communication
July 15	3:00	Exploring a Career in the Helping Profession
July 16	10:30	Managing the Negative Inner Critic
July 16	12:00	Racial Trauma Healing
July 19	3:30	Healthy Sleep
July 20	1:00	Improving Communication
July 21	12:00	Trans Empowerment Workshop
July 22	11:00	LGBTQ+ Chat
July 23	11:00	First Year Transition & Success
July 26	12:30	Stoneman Douglas Student Support
July 27	1:00	Improving Communication
July 28	1:00	QPR – Suicide Prevention Training
July 29	3:00	Expressive Arts for Self-Care
July 30	12:00	Mindfulness
August 2	2:00	Coping Through Music
August 3	12:00	How to Give and Get Emotional Support

At the workshop time, please join in at: <http://bit.ly/CAPSWorkshops-SummerB2021>.

For more information, please call CAPS at 407-823-2811 or visit caps.sdes.ucf.edu.



**Counseling and
Psychological Services**