

CAPS Fall 2021 Outreach Workshops

Aug 31	3:30 PM	First Year Transition & Success
Sept 7	12:30 PM	QPR - Suicide Prevention Training
Sept 8	12:30 PM	Social Anxiety
Sept 14	1:00 PM	Coping Through Music
Sept 15	11:00 AM	How to Give & Get Emotional Support
Sept 16	1:00 PM	Having a Healthy Balance in Life
Sept 20	2:00 PM	Healthy Boundaries
Sept 21	2:30 PM	DBT Skills: Mindfulness
Sept 22	1:00 PM	Exploring a Career in the Helping Profession
Sept 23	1:30 PM	Social Anxiety
Sept 27	1:00 PM	Trans Identity and Resources
Sept 28	1:00 PM	Improving Communication
Sept 29	3:30 PM	Healthy Sleep
Sept 30	1:00 PM	Getting Over Your Fears
Oct 1	11:00 AM	Healthy Communication in Couples
Oct 4	2:00 PM	All About Anxiety
Oct 5	1:00 PM	Improving Communication
Oct 7	1:00 PM	Being Seen: Navigating Your Identity with an Invisible Disability
Oct 8	11:00 AM	Love Versus Emotional Hunger
Oct 11	2:30 PM	Coming Out in Diverse Households
Oct 12	1:00 PM	Improving Communication
Oct 13	1:00 PM	Coping Through Music
Oct 14	1:00 PM	DBT Skills: Emotion Regulation
Oct 15	12:00 PM	Racial Trauma Healing
Oct 18	1:00 PM	Creating Healthy Relationships
Oct 19	1:00 PM	Beautifully Mixed: Navigating Multi-Racial and Multi-Ethnic Identities
Oct 20	3:30 PM	Healthy Boundaries
Oct 21	1:00 PM	Exploring a Career in the Helping Profession
Oct 26	1:00 PM	All About Anxiety
Oct 27	3:30 PM	Stoneman Douglas Student Support
Oct 28	1:00 PM	Mindfulness
Nov 1	12:30 PM	DBT Skills: Interpersonal Effectiveness
Nov 2	11:00 AM	Coping and Resilience
Nov 3	3:30 PM	Supporting AAPI Students
Nov 4	1:00 PM	Managing Emotions in a Healthy Way
Nov 8	12:00 PM	Health at Every Size
Nov 9	3:30 PM	Coping Through Music
Nov 15	1:00 PM	DBT Skills: Distress Tolerance
Nov 16	1:00 PM	Exploring a Career in the Helping Profession
Nov 17	1:00 PM	Expressive Arts for Self-Care
Nov 18	12:00 PM	Going Home For the Holidays
Dec 1	3:30 PM	Stress Management

At the workshop time, please join in at: <https://bit.ly/CAPS-Workshops-Fall2021>



**Counseling and
Psychological Services**