

WOW!

# CAPS Well-Being Online Workshops

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Sept 19	2:00	DBT Skills: Mindfulness
Sept 19	4:00	Motivation Enhancement Monday
Sept 22	1:00	Body Wellness
Sept 26	1:00	QPR: Suicide Prevention
Sept 26	4:00	Motivation Enhancement Monday
Sept 27	12:00	Love versus Emotional Hunger
Sept 28	3:30	Introduction to Enneagram
Sept 29	1:00	Improving Communication
Oct 3	1:00	UCF Arboretum: Enhancing Your Well-Being
Oct 3	4:00	Motivation Enhancement Monday
Oct 4	3:30	Coping with Depression
Oct 7	11:00	DBT Skills: Emotion Regulation
Oct 10	4:00	Motivation Enhancement Monday
Oct 12	3:00	Substance Use and Harm Reduction
Oct 17	11:00	Navigating Multi-racial and Multi-ethnic Identities
Oct 17	4:00	Motivation Enhancement Monday
Oct 18	1:00	Coping with Social Anxiety
Oct 20	3:00	Cultivating Discipline
Oct 21	12:00	Healthy Boundaries
Oct 24	1:00	DBT Skills: Interpersonal Effectiveness
Oct 24	4:00	Motivation Enhancement Monday
Oct 25	3:30	Creating Healthy Relationships
Oct 26	3:00	Managing Anxiety
Oct 27	2:00	Coping Through Music
Oct 31	4:00	Motivation Enhancement Monday
Nov 1	3:00	Social Media and Mental Health
Nov 2	3:00	Racial Trauma Healing
Nov 4	12:30	Coping with Current Events
Nov 7	11:00	Coping with Social Anxiety
Nov 7	4:00	Motivation Enhancement Monday
Nov 8	11:00	UCF Outdoor Adventure: Enhancing Your Well-Being
Nov 8	3:00	Getting Over Your Fears
Nov 9	1:00	Support for AANHPI Students
Nov 10	1:00	Coping Through Music
Nov 14	4:00	Motivation Enhancement Monday
Nov 15	3:30	DBT Skills: Distress Tolerance
Nov 16	3:00	Healthy Sleep
Nov 17	11:00	Navigating Polyamorous or Non-Monogamous Relationships
Nov 21	1:00	Distress Management Skills
Nov 21	4:00	Motivation Enhancement Monday
Nov 28	2:00	Coping and Resiliency
Nov 28	4:00	Motivation Enhancement Monday
Nov 29	3:30	Giving and Getting Emotional Support
Nov 30	3:30	Managing Anxiety
Dec 1	11:00	Self Compassion
Dec 1	3:00	Mindfulness

At the workshop time, please join in at: <https://bit.ly/CAPSWOW>

Fall  
2022



Counseling and  
Psychological Services

