

CAPS Fall Groups

Groups with a "●" are virtual

Mondays

Empowerment through Music @10-11:30AM

- Empowering Asian Voices @11-12:30PM

Understanding Self & Others @1-2:30PM

- Trans Empowerment @1-2:30PM

Perfectly Whole @1-2:30PM

International Student Support @1-2:30PM

- Sister Circle @3-4:30PM

Self-Compassion @3-4:30PM

- Survivors of Suicide @3-4:30PM

Understanding Self & Others @3-4:30PM

Tuesdays

- Women's Family @10-11:30AM

Understanding Self & Others @12:30-2PM

Mindfulness @10:30-Noon

- Trans Empowerment @1-2:30PM

- Relationships @1-2:30PM

- Building Social Confidence @1-2:30PM

Wednesdays

- Depression Support @10:30-Noon

Grad Support @10:30-Noon

Living with ADHD @12:30-2PM

I Thought It Was Me @1-2:30PM

Black Empowerment @1-2:30PM

Body Wellness @3-4:30PM

Women's Empowerment @3-4:30PM

COPE @3-4:30PM

Thursdays

Understanding Self & Others @10-11:30AM

Q Support @11-12:30PM

- Anxiety Support @10-11:30AM

Mi Gente @11-12:30PM

Understanding Self & Others @1-2:30PM

ACE Support @1-2:30PM

- Safety & Self Care @1-2:30PM

- Living with Health Concerns @1-2:30PM

Relationships @1-2:30PM

- I Thought It Was Me @3-4:30PM

Self-Compassion @3-4:30PM

Grief & Loss @3-4:30PM

UCF CAPS

4090 Libra Dr.

Orlando, FL 32816

407-823-2811



**Counseling and
Psychological Services**