

WOW!

CAPS Well-Being Online Workshops

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Feb 16	2:30	DBT Skills: Mindfulness
Feb 17	12:00	Creating Healthy Relationships
Feb 20	2:00	Introduction to Enneagram
Feb 21	2:30	Body Wellness
Feb 22	3:00	QPR: Suicide Prevention
Feb 23	11:00	Racial Trauma Healing
Feb 23	2:00	Coping Through Music
Feb 27	12:30	Exploring Your Love Languages
Feb 28	12:00	Asexuality and Aromance
Feb 28	3:30	Improving Communication
March 1	11:00	Making Friends 101
March 2	2:00	A Good Knight's Sleep
March 3	12:00	Love Versus Emotional Hunger
March 6	2:00	Support for AANHPI Students
March 7	11:00	Coping with Social Anxiety
March 8	12:30	Substance Use and Harm Reduction
March 9	12:30	DBT Skills: Emotion Regulation
March 21	1:30	Social Media and Mental Health
March 22	2:30	What's Next? Managing Graduation Anxiety
March 23	1:00	Coping Through Music
March 23	3:00	Managing ADHD
March 24	1:00	Managing Anxiety
March 27	1:00	Enneagram: The Triads
March 28	1:00	Exploring Religious Trauma
March 28	3:30	Resources for the UCF Trans Community
March 29	11:00	Navigating Multi-Racial and Multi-Ethnic Identities
March 29	2:00	Trans Allyship at UCF and Beyond
March 30	1:00	Navigating Trans Relationships in a Cis-centric Community
March 30	3:30	DBT Skills: Interpersonal Effectiveness
March 31	11:00	Coping with Depression
April 4	11:00	Getting Over Your Fears
April 5	3:00	Attachment Styles: Understanding Relational Anxiety
April 6	1:00	Healthy Relationships: Is this Love?
April 7	11:00	Navigating Polyamorous or Non-Monogamous Relationships
April 11	11:00	Coping with Social Anxiety
April 12	3:30	DBT Skills: Distress Tolerance
April 13	12:00	Giving and Getting Emotional Support
April 14	1:00	Separating Personal and Family Values
April 17	2:00	Assertiveness and Boundaries
April 18	1:00	Physical Fitness and Your Mind
April 18	3:00	Healthy Boundaries
April 19	2:30	Coping and Resiliency
April 20	1:00	Coping Through Music
April 21	11:00	Cultivating Discipline
April 24	2:00	Managing Anxiety
April 25	2:00	Mindfulness
April 26	1:00	Distress Management Skills
April 27	1:00	Self-Compassion

*Motivation Enhancement
Monday*
Every Monday at 4:00!
(February 13 - April 24)

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

Spring
2023



Counseling and
Psychological Services

