

CAPS 2023 SUMMER GROUPS

Monday

- 10 am- Social Anxiety
- 10:30 am- USO
- 1 pm- Anxiety Group ●
- 3 pm- Sister Circle

Wednesday

- 10 am- Creative Connections
- 10 am- Grief & Loss
- 10:30 am- USO ●
- 10:30 am - Relationships
- 1 pm- Building Social Confidence
- 1 pm- Women's Empowerment
- 1 pm- ITIWM
- 3 pm- Family Dynamics
- 3 pm- COPE
- 3 pm- Trans Empowerment

Tuesday

- 10 am- Health Concerns ●
- 10:30 am- Building Social Confidence
- 1 pm- Trans Empowerment ●
- 1 pm- USO

Thursday

- 10 am- Anxiety ●
- 10 am- Autism Connections ●
- 10:30 am- USO
- 1 pm- ADHD Connection
- 1 pm- Body Wellness
- 1 pm- DBT ●
- 1 pm- Safety & Self-Care ●
- 2pm - Q Support
- 3 pm- ITIWM ●
- 3 pm- Self- Compassion

Call CAPS at 407-823-2811
for more information or
questions!

● = Virtual Groups



Counseling and
Psychological Services

