

WOW!

CAPS Well-Being Online Workshops

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Sept 25	1:30	Coping Skills: Mindfulness
Sept 27	3:30	Cultivating Discipline
Sept 28	3:30	Healthy Relationships: Is this Love?
Oct 2	1:30	Coping Skills: Emotion Regulation
Oct 3	2:30	Introducing Asexual and Aromantic Identities
Oct 5	1:00	Attachment Styles: Understanding Relational Anxiety
Oct 9	1:30	Coping Skills: Interpersonal Effectiveness
Oct 10	3:30	Achieving Goals and Sustaining Motivation
Oct 12	2:00	Coping with Social Anxiety
Oct 13	1:00	Improving Communication
Oct 16	1:30	Coping Skills: Distress Tolerance
Oct 17	1:30	Support for AANHPI Students
Oct 18	4:00	Managing ADHD
Oct 19	3:30	Healthy Boundaries
Oct 20	12:00	Managing Anxiety
Oct 23	1:00	A Good Knight's Sleep
Oct 24	2:00	Coping Skills: Mindfulness
Oct 25	1:00	UCF Arboretum: Enhancing Your Well-Being
Oct 30	1:00	Assertiveness and Boundaries
Nov 2	1:00	Coping Skills: Emotion Regulation
Nov 3	12:00	Creating Healthy Relationships
Nov 6	2:00	Body Wellness
Nov 7	2:30	Healing Religious Trauma
Nov 8	3:00	What's Next? Managing Graduation Anxiety
Nov 13	1:00	Social Media and Mental Health
Nov 14	11:00	Coping with Social Anxiety
Nov 14	1:00	Trans Awareness: Trans Allyship at UCF and Beyond
Nov 15	12:00	Trans Awareness: Transitioning Home During Holidays
Nov 15	3:00	Coping Skills: Interpersonal Effectiveness
Nov 16	12:00	Love Versus Emotional Hunger
Nov 16	2:30	Trans Awareness: Resources for Trans Students
Nov 20	2:00	Distress Management Skills
Nov 21	1:00	Trans Awareness: Exploring Personal and Family Values
Nov 27	2:30	Mindfulness in Nature
Nov 28	12:00	Giving and Getting Emotional Support
Nov 29	3:30	Tapping Into Your Healing
Nov 30	1:00	Coping Skills: Distress Tolerance
Dec 1	1:00	Managing Anxiety
Dec 4	1:00	Implementing Mindfulness for Beginners
Dec 5	3:00	Creating Self-Compassion

**At the workshop time, please join in on Zoom at: <https://bit.ly/CAPSWOW>
All students are welcome to attend!**

Fall
2023



**Counseling and
Psychological Services**

