

WOW!

CAPS Well-Being Online Workshops

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Feb 8	2:00	Attachment Styles: Understanding Relational Anxiety
Feb 12	1:00	Coping Skills: Mindfulness
Feb 13	1:30	Exploring Your Love Languages
Feb 19	1:00	Coping Skills: Emotion Regulation
Feb 20	12:00	Love Versus Emotional Hunger
Feb 26	2:30	Body Wellness
Feb 27	1:30	Building Healthy Relationships
Feb 28	3:00	Achieving Goals and Sustaining Motivation
Feb 29	2:00	Coping with Social Anxiety
Mar 4	1:00	Coping Skills: Interpersonal Effectiveness
Mar 4	2:30	Support for AANHPI Students
Mar 5	3:00	Healing Religious Trauma
Mar 6	2:30	Creating Healthy Relationships
Mar 7	1:00	Mindfulness in Nature
Mar 7	3:00	What's Next? Managing Graduation Anxiety
Mar 8	1:00	Improving Communication
Mar 11	1:00	Coping Skills: Distress Tolerance
Mar 12	11:00	Overcoming Addictions: Change and Motivation
Mar 12	1:00	QPR: Suicide Prevention
Mar 13	4:00	QPR: Suicide Prevention
Mar 14	1:00	Creating Self-Compassion
Mar 25	11:30	Trans Awareness: Trans Allyship at UCF and Beyond
Mar 26	1:00	Trans Awareness: Exploring Personal and Family Values
Mar 26	2:30	Coping Skills: Mindfulness
Mar 27	3:00	Managing ADHD Symptoms
Mar 28	11:00	Social Media and Mental Health
Mar 28	2:00	Trans Awareness: Resources for Trans Students
Mar 29	1:00	Managing Anxiety
Apr 1	2:00	Assertiveness and Boundaries in Latin/Hispanic Culture
Apr 2	2:30	Coping Skills: Emotion Regulation
Apr 3	4:00	Coping with Social Anxiety
Apr 4	3:00	Managing ADHD Symptoms
Apr 5	12:00	Creating Healthy Relationships
Apr 8	1:00	Implementing Mindfulness for Beginners
Apr 9	2:30	Coping Skills: Interpersonal Effectiveness
Apr 10	3:00	Tapping Into Your Healing
Apr 11	11:00	Forgiveness: A Path to Healing
Apr 12	11:00	Healthy Boundaries
Apr 15	1:00	Mindfulness: Integrating Body and Mind
Apr 16	2:30	Coping Skills: Distress Tolerance
Apr 17	1:00	The 7 Types of Rest
Apr 18	12:00	Giving and Getting Emotional Support
Apr 19	1:00	Managing Anxiety
Apr 22	2:00	Distress Management Skills
Apr 23	1:00	Creating Self-Compassion

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

All students are welcome to attend!

Spring
2024



Counseling and
Psychological Services

