Mindful UCLA: (www.resilience.ucla.edu/mindful_ucla)
Resilience Peer Network: (www.resilience.ucla.edu/resilience_peer_network)
Grand Challenges-Depression: (depression.semel.ucla.edu/icbt-student/welcome)
Grit Coaching Program: (www.grit.ucla.edu)
Free Guided Meditations: (www.wfsucla.org)
Financial Wellness Program: (www.financialwellness.ucla.edu)
Bruins for Recovery: (www.bruins4recovery.com)
SHEP - Student Health Education and Promotion: (www.healtheducation.ucla.edu)
ISSP - International Student Support Program: (us.myissp.com)

Mindful Drop-Ins
Stop by CAPS Tuesdays from 5:15pm to 5:45pm for a mindful drop-in session, facilitated by our partners at the UCLA Mindfulness Awareness Research Center (MARC). Sessions are open to all students and no prior registration is necessary.

QPR: Suicide Prevention
This workshop offers training and practice in suicide prevention skills, utilizing the nationally recognized QPR (“Question, Persuade & Refer”) Suicide Prevention Gatekeeper approach. Training includes: helping participants to identify risk and protective factors for suicide; how to intervene with individuals at risk for suicide; practice in the QPR skills of questioning, persuading and referring suicidal individuals.
QPR for ALL STUDENTS on 10/17/17 from 5:00 pm to 7:00 pm in the CAPS Large Conference Room – RSVP required.

Distressed & Distressing
Designed for student leaders, staff, and faculty, our “Distressed & Distressing” (D&D) Traiing offers guidance to assist in recognizing the differences between students in distress and/or students who are distressed. These trainings are designed to equip participants with knowledge on when to consult, report, and assist in identifying distressed and distressed students. Presentations are approximately 90 minutes.
D&D for ALL STAFF and TAs on 11/07/17 from 9:30 am to 11:00 am in the CAPS Large Conference Room – RSVP required.

Coping through the Quarter
5-Session Wellness Skills Group
Weekdays: 10:00-11:00 am
This five-session skills group offers support to address a variety of student concerns including, academic stress, anxiety, procrastination, and interpersonal concerns.

CASA Re-Advocate Program
Provide navigation, support, and advocacy for survivors of sexual assault, dating and domestic violence, and stalking.
To make an appointment with a CASA Advocate, call 310-206-2465 or email admin@carecounseling.ucla.edu

Virtual Resources
"Like" our Facebook page for mental health updates and visit our website to learn more about CASP services, trainings, and our lending library.

Patient Portal
Your patient portal is the most secure method of communication with your CAPS clinician. Log onto the patient portal from the CASP website to cancel appointments online and send your clinician a non-urgent message.

Feedback
Your feedback is important to us. Send us your comments and suggestions via feedback@caps.ucla.edu

Be Well. Stay Well. Do Well.

CARE
Campus Assault Resources & Education
CARE is a safe place for survivors of sexual assault, dating and domestic violence, and stalking to get support, consultation, and to have a confidential place to talk. You can get help without formally reporting an assault or requesting formal treatment. CARE also provides trauma-informed yoga to survivors and awareness and prevention education to the campus community. Custom workshops and trainings are offered on a variety of topics related to sexual violence. CARE offers confidential services to all currently enrolled students. The CARE offices are located on the first floor of John Wooden Center West. For more information and programming dates for the CARE Certificate Program and the Yoga as Healing (YAH) workshop series, email admin@carecounseling.ucla.edu.

CAREAdvocates provide navigation, support, and advocacy for survivors of sexual assault, dating and domestic violence, and stalking.
To make an appointment with a CARE Advocate, call 310-206-2465 or email admin@carecounseling.ucla.edu.
For more information on resources and support visit: www.careprogram.ucla.edu
**FALL 2017 Therapy Group Offerings**

Therapy Groups are generally 5-8 weeks long and require a clinician referral into the group.

**Open to Students with SHIP Only.**

**Academic Success Groups**

**Dissertation Writing Group** (For Graduate Students): Are you a graduate student wanting a safe and supportive place to discuss issues and challenges regarding the Thesi or Dissertation writing process? Topics discussed could include procrastination, writer's block, personal fears, group dynamic, and time management.

- Mondays: 1:00 - 2:00 pm
- Thursdays: 10:00 - 11:30 am

**Anxiety Groups**

**Breaking Free From Anxiety:** Are you coping with any form of anxiety including chronic worry, social anxiety, obsessive thoughts, health related worry, or panic attacks? This structured skills group uses cognitive-behavioral and acceptance based strategies to help break the cycle of anxiety.

- Mondays: 3:00 - 4:30 pm
- Thursdays: 3:00 - 4:30 pm
- Wednesdays (Grad Session): 1:00 - 2:30 pm
- Thursdays: 1:00 - 2:30 pm

**Compassion for Your Inner Critic:** Is your inner critic taking up too much space? This group will help you identify your inner critic, learn new ways to practice self-compassion as an alternative method to self-talk. Further, you will learn to develop mindfulness and self-compassion skills every day.

- Tuesdays: 2:30 - 4:30 pm
- Thursdays: 2:30 - 4:30 pm

**Mind/Body Groups**

**Being in the Moment:** Learn how to reduce your stress, regulate your mood, improve your ability to cope with stress, and enhance your mental and physical health with this intensive 7 week group that will train you in the ancient practice of mindfulness. The group sessions will involve training in sitting, walking, and meditation and will help you develop your mindfulness practice.

- Tuesdays: 2:00 - 3:00 pm
- Thursdays: 9:00 - 10:30 am
- Fridays: 4:00 - 5:30 pm

**Mood Groups**

**Recovering From Depression:** Have you lost interest in things you used to enjoy, been feeling down, felt excessively unmotivated to do what you need to do? Group members will learn strategies to modify both cognitive and behavioral patterns associated with depression as well as improving functioning and quality of life.

- Tuesdays: 9:00 - 10:30 am
- Thursdays: 3:00 - 4:30 pm

**Mood/Reporting Balance:** This is a combined group for students who have already completed Recovering from Depression and want to continue to work on improving and maintaining their mood and emotional balance. The group will focus on developing skills to manage stress, and for students who would like to improve their ability to monitor and manage their moods in times of disorder through the use of cognitive and behavioral coping strategies. Members will practice skills.

- Tuesdays: 9:00 - 10:30 am
- Thursdays: 1:30 - 3:00 pm

**Survivors of Sexual Trauma Groups**

- Open to All Students (SHIP & Non-SHIP)

**gender/Identity Groups**

- Gay/Bisexual Men’s Psychotherapy Group: Support and skill-building for gay and bisexual men. This group addresses issues unique to the well being of gay and bisexual men. Objectives of the group include developing better communication and relationship skills, improving self esteem, increasing social support, and decreasing the likelihood of utilizing harmful health related behaviors.

- Mondays: 10:00 - 11:30 am
- Wednesdays: 1:00 - 2:30 pm
- Additional spots may be available.

**Wellness Skills Groups**

**Wellness Skills Groups**

**Finding Focus:** Need help with concentration problems. ADHD issues? Difficulty with motivation? This group will help identify academic strengths and weaknesses; understand how to maneuver, compensate, and enhance memory; improve your academic performance skills; decrease anxiety and manage stress; decrease worry and writing anxiety; and manage personal, social, and campus support to improve college success.

- Fridays: 10:00 - 11:30 am
- Mondays: 1:00 - 2:00 pm

**Compassion for Your Inner Critic:** Is your inner critic taking up too much space? This group will help you identify your inner critic, learn new ways to practice self-compassion as an alternative method to self-talk. Further, you will learn to develop mindfulness and self-compassion skills every day.

- Tuesdays: 2:30 - 4:30 pm
- Thursdays: 2:30 - 4:30 pm

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- Tuesdays: 2:30 - 4:30 pm
- Thursdays: 2:30 - 4:30 pm

**Keep Your Calm:** Are you overwhelmed by stress and anxiety, taking things personally, or having a hard time managing your emotions? This group will help you identify your triggers, develop healthy coping strategies, and learn to manage your emotions.

- Wednesdays: 2:30 - 4:30 pm
- Thursdays: 2:30 - 4:30 pm

**Overcoming Social Anxiety:** This group is designed to increase connection and provide support to UCLA students with a military service experience.

- Tuesdays: 12:00 - 1:00 pm
- (located in Kerckhoff Hall 12)

**Pathways through Grief:** This group provides opportunities for sharing personal grief experiences while also receiving support from others who have also lost a loved one. This group will help you to identify different aspects of your grief experience, develop healthy cognitive and practical approaches to addressing emotions of grief.

- Thursdays: 12:00 - 1:30 pm

**The Interpersonal Process Group**

**Grad Students Therapy Group:** If you are a graduate student and are struggling with isolation and loneliness when they decrease their energy to secure their place while struggling to balance their lives, the specific focus of the group will be determined by member’s needs with an emphasis on the adjustment of graduate students.

- Tuesdays: 10:00 - 11:30 am
- Wednesdays: 1:00 - 2:30 pm
- Fridays: 9:00 - 10:30 am
- Additional spots may be available.

**Managing Emotions:** The goal of the Managing Emotions Skills Group is to learn how to change behavioral, emotional and thinking patterns that contribute to distress. The group will focus on improving subjective experiences and relationships and effectively assert needs to others.

- Tuesdays: 2:30 - 4:30 pm