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) Trainings offer guidance to assist in recognizing the differences between students in distress and/or students who are distracting. These trainings are designed to equip participants with knowledge on when to consult, report, and assist in identifying distressed and distracting 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-Sessions Wellness Group

Weekdays: 10:00-11:00am

This five-session group offers support to address a variety of student concerns including, academic stress, anxiety, procrastination, and interpersonal concerns.

The group focuses on a new set of skills each week including: 1) Relaxation skills, 2) Time Management, 3) Problem Solving, 4) Thought Awareness, and 5) Radical Acceptance and Self-Compassion.

Students may enroll in the 5-session module beginning any week of the academic quarter. Students must obtain a referral from a CAPS Brief Screen Counselor or CAPS Clinician to enroll.

Be Well. Stay Well. Do Well.

Virtual Resources
*Like* our Facebook page for mental health updates and visit our website to learn more about CAPS 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 CAPS 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
**Academic Success Groups**

**Disorder Writing Group** *(For Graduate Students)*  
<table>
<thead>
<tr>
<th>Time</th>
<th>Topic</th>
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</thead>
<tbody>
<tr>
<td>Tuesdays: 9:00 - 10:30 am</td>
<td>Anchored in our Strengths: How to use personal strengths to improve your writing outcomes, grades, and self-esteem.</td>
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**Veteran’s Support GROUP**: This group is designed for connection and provide support to UCLAN students with a military service history. Tuesdays: 12:00 - 1:00 pm *(located in Kerrbach Hall 12)*

**Disordered Eating Group**

**Mondays**: Develop skills for creating a healthier lifestyle, challenging dysfunctional behaviors and enhancing relationships. This group is designed to help members understand the relationships among disordered eating and relationships, weight and shape concerns, emotional triggers and personal factors. Members enhance their skills for creating a healthier lifestyle, challenging dysfunctional behaviors and improving relationships. Fridays: 10:30 am - 12:00 pm

**Grief Group**

**Pathways Through Grief**: This group provides opportunities for sharing personal grief experiences while also receiving support from others who have lost a loved one. This group will help you to identify different aspects of your grief experience and develop personal approaches to addressing emotions of grief. Thursdays: 12:00 - 1:30 pm

**Interpersonal Process Group**

**Grad Students Therapy Group**: Members share their personal feelings of isolation and loneliness when they devote their energy to ensuring their future while struggling to balance the present and the future. Specific focus of the group will be determined by member needs with an emphasis on the special needs and issues of graduate students. Tuesdays: 10:00 - 11:30 am

**Wellness Skills Groups** are generally 3-week long and require students to sign up at the front desk. Open to students with and without SHIP.

### **MindBody Groups**

**Being in the Moment**: Learn to manage your stress, regulate your mood, improve your concentration, and enhance your mental and physical well-being. This intensive 7-week group that will train you in the ancient practice of mindfulness awareness. Group sessions will involve training in sitting, walking, and movement meditations to help you develop a daily mindfulness practice. Tuesdays: 2:30 - 3:30 pm

**Mood Groups**

**Recovering From Depression**: This group is designed to help you to enjoy, been feeling down, fatigued or extremely unmotivated to do what you need to do? This group will help you to identify and modify both cognitive and behavioral patterns associated with depression as well as improving functioning and quality of life. Mondays: 1:00 - 2:30 pm Thrusdays: 3:30 - 4:30 pm

**Compassion for Your Inner Critic**: This group provides an opportunity to explore and develop self-compassion as an alternative method to self-talk. Further, you will learn to develop mindfulness and self-compassion practices that can be utilized in everyday life. Tuesdays: 2:30 - 4:30 pm

**Mood and Mindfulness**

**Mindful Pathways to Wellness**: This group teaches you how to improve your mental and physical health through meditation, mindfulness, and yoga. Tuesdays: 12:00 - 1:00 pm

**Wednesdays (Grad Section): 1:00 - 2:00 pm**

**Interpersonal Effectiveness Skills**: A skills-based group is for students who want to improve their ability to monitor and manage stress; develop problem-solving, communication and relationship skills, and feel badly when you fall short? Does your desire to be the best prevent you from trying new things or taking risks? Learn self-compassion as an alternative method of self-talk. Wednesdays 1:00 - 2:00 pm

**Overcoming Procrastination**: This group will explore techniques for overcoming procrastination and improving time management skills. Mondays: 1:00 - 2:30 pm

### **Interpersonal Groups**

**Black and Brown Group**

**A group for “Black Bruins” and any other students interested in improving coping skills and regaining a greater sense of control and empowerment.**

**Mondays**: A group for Black Bruins and any other students interested in promoting a sense of community for those of African descent on the UCLA campus. This group also includes students of mixed ethnic background. This group meets to support and encourage black students in improving coping skills and regaining a greater sense of control and empowerment. Tuesdays: 1:00 - 2:30 pm

**Wednesdays**: A group that aims to: help students identify their inner critic; practice non-judgmental and self-compassionate ways of being in the world. Thursdays: 4:00 - 5:00 pm

**Survivors of Sexual Traumas Group**

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

**Working through Traumas Group**: This group will provide students with a safe space to process and talk about past trauma experiences, including significant personal and relationship events and specific incidents that have impacted their lives. Tuesdays: 10:30 - 11:30 am

**Mood and Stress Awareness Group**: This group is designed to help you manage symptoms of bipolar disorder through the use of cognitive and behavioral coping strategies. Members will practice mindfulness Mondays: 2:00 - 3:30 pm

**Students of Color Group**

**Fridays**: A group for students who have completed Recovering from Depression and want to continue on improving and maintaining their mood in a group format, or for students who would like to improve their ability to monitor and manage symptoms of bipolar disorder through the use of cognitive and behavioral coping strategies. Members will practice mindfulness. Wednesdays: 10:30 am - 12:00 pm

**Black and Brown Group**

**Black and Brown Group**

### **Dreaming of Better Sleep**

**Wednesdays**: This group is designed to increase connection, self-empowerment, and advocacy as you advance academically in a professional, multicultural world. Thursdays 10:00 am - 11:00 am

### **Wellness Groups**

**Wellness Skills Group**: This group is designed to help you to enjoy, been feeling down, fatigued or extremely unmotivated to do what you need to do? This group will help you to identify and modify both cognitive and behavioral patterns associated with depression as well as improving functioning and quality of life. Mondays: 1:00 - 2:30 pm

### **Getting What You Want**

**Interpersonal Effectiveness Skills**: Do you struggle with asserting yourself in relationships? Do you feel anxious or feel good about yourself after interactions with others? This interpersonal skills-based group is for students who want to learn how to get their needs met in their interactions with others. Fridays: 10:30 - 12:00 pm

### **Mind/Body Groups**

**Compassion for Your Inner Critic**: Is your tendency to compare yourself with others who have lost a loved one. This group will help you to identify different aspects of your grief experience and develop personal approaches to addressing emotions of grief. Thursdays: 12:00 - 1:30 pm

### **Community**

**Wednesdays**: This group provides an opportunity to explore and develop self-compassion as an alternative method to self-talk. Further, you will learn to develop mindfulness and self-compassion practices that can be utilized in everyday life.

**Tuesdays**: A group for students who have completed a previous anxiety group (Breaking Free from Anxiety, Overcoming Social Anxiety, or Living Free of OCD). Members will continue the process of developing and practicing strategies to challenge emotion driven and avoidance behaviors. Focus will be on continuing emotional exposures and mindfulness practice within and identifying opportunities to apply these skills outside group.

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