ConCARE is a safe place for survivors of sexual assault, dating and domestic violence, and support, visit: www.careprogram.ucla.edu. CARE Advocates 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 advocate@careprogram.ucla.edu. For more information on resources and support, visit: www.careprogram.ucla.edu.

My Student Support Program (My SSP)

A new service to support the emotional health and wellbeing of our international students, called My Student Support Program (My SSP). If you are feeling overwhelmed with your studies, experiencing uncertainty over recent events, or have something else occupying your thoughts and need to speak to someone, My SSP can help! Check out the My SSP app or visit counseling.ucla.edu/issp for more information.

CARE is a safe place for survivors of sexual assault, dating and domestic violence, and/or 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 services 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. For more information and programming dates, email ssuadmin@capscounseling.ucla.edu. CARE Advocates 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 advocate@careprogram.ucla.edu. For more information on resources and support, visit: www.careprogram.ucla.edu.

Virtual Drop-in Hours

As a temporary alternative to our regular drop in consultations, our CARE Virtual Drop in Hours will provide free, confidential, brief support or mental health screenings for students. During this visit, a specialized counselor can help you to explore resources, assess your mental health and when needed, connect you to ongoing CARE counseling, and other services. To schedule a drop in session, call the CARE Front Desk (310) 825-0768 and indicate designated drop-in location or counselor.

Starting Week 1

Undocumented Students Program:
- Mondays: 9:00 am - 11:00 am with Ellie Hernandez, Ph.D.
- Tuesdays: 11:00 am - 12:00 pm with Diane Gallo, Psy.D

LGBTQ Community Resource Center:
- Wednesdays: 10:00 am - 12:00 pm with Jason Tomasin, LCSW
- Thursdays: 1:00 - 3:00 pm with Dee Chappell, Ph.D.

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

Virtual Mindfulness Drop-ins
Mindfulness Awareness Research Center (MARC) is offering virtual mindfulness drop in sessions throughout the Fall quarter. For more information: www.uclahealth.org/marc

Satellite Clinics
"please contact CAPS at (310) 825-0768 for more information about our satellite clinics"

Anderson School of Management:
- Tuesdays, Wednesdays, & Thursdays 9:00 am - 1:00 pm

Athletics:
- Monday: Friday 8:00 am - 5:00 pm
- Request to schedule a time to speak with Anthony Chambers, LMFT or request an athletics brief screening appointment.

Behavioral Wellness Center:
- Monday - Thursday 8:00 am - 6:00 pm, Fridays 8:00 am - 5:00 pm

School of Engineering:
- Wednesdays 10:00 am - 12:00 pm, Thursdays 2:00 - 4:00 pm

School of Law:
- Monday - Wednesday 10:00 am - 1:00 pm

RSVP required:
*CAPS Workshops and trainings will be done virtually via Zoom.*

Please note: rsvp@caps.ucla.edu is meant for outreach requests and training reservations only.

Most requests for outreach presentations require at least 3 weeks advance notice. Requests may be forwarded to other campus partners who may have similar offerings to the request. For site visits, please contact your clinician securely using the Patient Portal on the CAPS website.

WINTER 2021

The UCLA Suicide Safe Model aims to transform higher education to significantly reduce suicide by equipping multiple campus communities and stakeholders around suicide safety and response. This training is appropriate for all members of the UCLA community including campus partners, staff, faculty, and students who wish to better understand suicide and assist with its prevention outside of mental health settings.

Suicide Safe training for ALL STUDENTS, STAFF and TAs will be on 1/26/2021 3:00 - 5:00 pm and 2/1/2021 10:00 am - 12:00 pm RSVP required.

Assisting Distressed & Distressing Students
Faculty, TAs, and staff play a critical role in a student’s university experience and are in a position to become aware of a student in distress even during remote learning. This workshop will help participants understand how to create a culture of their sphere of influence, what resources are available to students, in distress, and how they can assist students in getting connected with them. Participants will also hear about emergency procedures regarding distressed or distressing students.

D&D for ALL STAFF and TAs will be on 1/21/2021 12:00 - 1:30 pm and 2/1/2021 4:00 - 5:30 pm. RSVP required.

RSVP required:
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WINTER 2021 Virtual Therapy Group Offerings

Therapy Groups are generally 5-8 weeks long and require a clinician referral into the group. Open to students with and without SHIP.

Academic Success Group

When: Tuesdays, 9:00 - 10:30 am

The group is designed to help students develop the skills necessary to engage in meaningful, healthy, and positive relationships. The group will include discussions about the nature of healthy relationships, and strategies for developing and maintaining healthy relationships.

Finding Focus: Need help with concentration problems, ADHD and other academic difficulties? This group will help identify academic strengths and weaknesses; understand how to maximize attention, concentration and memory; improve academic performance skills; decrease anxiety and manage stress; decrease test and writing anxiety; and manage personal, social and campus support to improve college success.

Ongoing Procrastination: If procrastination has become a problem or embarrassing or problematic, this group can offer some help. Explore reasons behind excessive procrastination and discuss the costs involved through this structured and supportive group. Learn and practice specific tools to build realistic goals, manage time better and increase productivity.

Wellness Skills Group

Wellness Skills Group is a 3 session group that requires students to sign up at the Front Desk. Open to students with and without SHIP.

Academic Success Group

Getting What You Want: Interpersonal Effectiveness Skills:

- Do you struggle with asserting yourself in relationships, interpersonal problem-solving, or feeling good about yourself after interactions with others? This 3-session skills-based group is for students who want to learn how to get their needs met in their interactions and relationships with others.

Tuesdays: 1:00 - 2:00 pm

Mind/Body Groups

In addition to the groups listed below, we offer a variety of Mind/Body groups, including:

- Mindfulness-Based Stress Reduction (MBSR)
- Yoga for Stress Reduction
- Tai Chi for Stress Reduction
- Meditation for Stress Reduction

These groups are designed to help individuals develop skills in stress management and relaxation techniques, and to promote overall well-being.

Community-Focused Groups

Community-focused groups are designed to support students who identify as members of specific communities, including:

- LGBTQIA+ Groups
- Black and Bruin: A Group for Students of Color
- Asian American Community Groups
- Interpersonal Groups

These groups are conducted by therapists who understand and can relate to the unique experiences and challenges of these communities.

Email: support@ccudc.edu or call 734-763-3300 ext. 4000 for more information.