

# Counseling & Psychological Services (CAPS)

# THERAPY GROUPS SPRING 2024

 @CSUFCAPS @YOU.AT.FULLERTON @CAPSWELLNESSROOM

All groups are free, confidential, and require consistent weekly attendance.  
All students must have an up-to-date intake prior to scheduling a group screening.  
To schedule, call CAPS at (657) 278-3040

## ANXIETY SUPPORT GROUP

**Mondays: 10am-11:30am**

**Starting: February**

Facilitated by: Megan Bonyng, MS, LMFT

**Location: 3<sup>rd</sup> floor Titan Hall check in desk**

**\*No Group Screening Required!\***

Not sure what to do with a racing heart, swirling thoughts, and feeling like your body is freaking out? Not really in "crisis" but need support? Not able to wait to let some of this out? We have a space for you! Join CAPS on Monday mornings to learn new ways to manage these feelings and connect with others. We will practice grounding skills to relieve some tension, help you re-frame negative or anxious thoughts to ease your anxiety, and teach techniques from proven methods to help you help yourself in the future. We'll also make time for you to talk with our counselors and other students—connection reminds us we're all in this together.

## GRIEF, LOSS, AND HEALING SUPPORT GROUP

**Tuesdays: 10-11:30am**

**Starting: March**

Facilitated by: Dr. Phi Loan Le & Dr. Julie Meisels

A safe and compassionate space that encourages and honors the individual grieving process of students who have experienced the death of a loved one. Through weekly meetings, students will join with others who are also coping with grief, explore the individual grief process, and reduce feelings of isolation and distress.

## ARTFUL MIND OF SUBSTANCE ABUSE

**Tuesdays: 10:30am-12pm**

**Starting: February**

Facilitated by: Carolyn Quintana, MS, AMFT

An art therapy group that includes therapeutic activities that allows individuals to express their feelings and thoughts through art. The group is open to individuals struggling with substances presently, in the past, or contemplating future concerns.

## BUILDING SELF-ESTEEM & CONFIDENCE

**Tuesdays: 3-4:30pm**

**Starting: March**

Facilitated by: Jacqueline Mai, LMFT

Group members will learn tools that challenge their unhealthy thinking styles and their "inner critic" as well as explore early influences of self-esteem. Identifying strengths and positive traits will be covered, with the goal of each member to dive deeper in understanding what self-love is, appreciate their own self-worth, freeing oneself from the jail of incessant judgement, and most importantly, becoming their best self.

## **GRIT: A PATH FOR ACADEMIC STRENGTH**

**Tuesdays: 11-12pm or Wednesdays: 1-2pm**

**Starting: February**

Facilitated by: Jacquelyn Gerali, MS, LPCC and Jessica Leone-Aldrich, LMFT

Are you struggling academically? Know that academic struggles are NOT the sum of who you are. In GRIT, we will uncover what is underneath these struggles and formulate skills to combat stress and procrastination. Join us for this group as we walk alongside you and develop skills such as resiliency, time and stress management and self-compassion. Please feel free to call today to schedule a screening appointment at 657-248-3040 for our CAPS Therapy Group: GRIT ~ A Path for Academic Strength today!

## **BURNOUT SUPPORT GROUP**

**Wednesdays: 10-11am**

**Starting: March**

Facilitated by: Jodie Shurtleff, MS, LMFT

Are you feeling overwhelmed? Lacking balance in life? Consistently in a state of stress? In this group you will learn and practice practical ways to address burnout in your body and mind so you can enjoy more rest and balance.

## **UNDOC-SPACE WELLNESS GROUP**

**Wednesdays: 10-11am or Thursdays: 4-5pm**

**Starting: March**

Facilitated by: Solomon Massin II, LCSW, Hannah Che, MA

Please join us for a 6-week support group. This group is open to students who identify as undocumented or for mixed status families. This group will focus on building community, wellness, and providing a space to discuss topics and issues impacting the undocumented community.

## **YOGA AND ENERGY HEALING**

**Thursdays: 4-5:45pm**

**Starting: February**

Facilitated by Joeline Navarro, LMFT

In yoga, chakras are used to describe the way energy is moved in the body. These energy centers in your body can often come unbalanced causing one to feel stagnant, insecure, or lost. In this group, we will learn about the chakras and engage in practices such as yoga, meditation, breathwork, self-reflection, and dialogue to help align these energy centers on a mind/body/spirit level. Each week we will focus on one of the chakras and you will leave with tools to help you feel more aligned and connected. No previous experience or knowledge is needed.



**Stay tuned for additional Therapy  
Groups added on CAPS website!**