

Counseling & Psychological Services (CAPS) DROP-IN GROUPS FALL 2023

 @CSUFCAPS @YOU.FULLERTON.EDU @CAPSWELLNESSROOM

No RSVP Required. Come to as many or as few groups as you like!

For Groups in the Student Health & Counseling Center or Titan Hall, please check in at the lobby

Questions? call CAPS at (657) 278-3040 or visit [Fullerton.edu/caps](https://www.fullerton.edu/caps)

How to find us? <https://www.fullerton.edu/caps/staff/locations.php>

EN COMUNIDAD

Latinx Community Resource Center

Date: 10/11, Wednesday: 1pm - 2:30pm Being Latine in CSUF

Date: 11/7, Tuesday: 12:00pm - 1:30pm Mi Familia wants me to...Navigating Familial Expectations

Facilitated by: Dr. Valerie Minchala. Join us for a monthly series where we will come together en comunidad to offer support to each other as we exchange stories and experiences about matters we face as members of the Latine community.

MONDAYS

YOGA FOR MENTAL HEALTH

Titan Hall (TH) Yoga Room – 3rd Floor

Mondays: 3pm - 4:30pm

Dates: 9/11 - 11/13

Facilitated by: Joeline Navarro & Dr. Phi Loan. Yoga is a sacred practice that engages your mind, body, and spirit to help connect with your whole self and improve your well-being. During this group, we will engage in mindful breathing, yoga postures, and meditation to calm the nervous system, practice self-compassion, and cultivate a sense of peace. This group is designed to leave you feeling more relaxed, empowered, and connected. We will also take some time to process anything that may come up for you as you connect with yourself mindfully. All are welcome, no previous experience necessary.

WEDNESDAYS

ANXIETY SUPPORT GROUP

Titan Hall (TH) Conference Room, 1347, 3rd floor

Wednesdays: 10am - 11am

Dates: 9/27 - 11/15

Facilitated by: Megan Bonyng, LMFT. 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 to learn new ways to manage these feelings and connect with others. We will practice grounding skills to relieve some tension, help you reframe 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.

WEDNESDAYS

ART OF WELLNESS

Student Health & Counseling Center (SHCC) E Conference Room

Wednesdays: 12pm - 1:15 pm

Dates: 9/20 - 11/8

Facilitated by: Dr. Christina Carroll-Pavia. Join us to engage in relaxing self-care activities through art-making! Topics vary per session, but include coloring, collaging, painting "kindness rocks," creating bookmarks and postcards, and more! No experience, materials, or artistic ability required.

EATING CONCERNS & BODY IMAGE SUPPORT GROUP

Health Services Conference Room

Wednesdays: 1pm - 2pm

Dates: 9/27 - 11/15

Facilitated: by The Eating Concerns Task Force. Body image, food, and eating habits can be tricky subjects to navigate. This group focuses on inclusivity, compassion, weight-neutrality, and shifting our perspective to see our bodies as instruments for our use, rather than as something to be evaluated, criticized, and constantly changed.

SOULFUL WELLNESS WEDNESDAYS

African American Resource Center (DIRC: PLS-180)

Every 1st Wednesday of the Month 1pm - 2pm

Dates: 9/6, 10/4, 11/1, 12/6

Facilitated by: Myesha Dunn, LMFT. Explore self-care and self-love that nourishes the mind, body and soul.

FOCUS SUPPORT GROUP

Titan Hall (TH) Conference Room, 1347, 3rd floor

Wednesdays: 3pm - 4pm (except on 11/22)

Dates: 9/6 - 12/13

Facilitated by: Amy Blazer, LVN, Wellness Coach. In this support group we will help students who struggle with attention and concentration to identify current challenges, develop strategies for managing them, and build self-esteem. Learn practical methods that students can use in everyday life such as time management, organization, activation, and motivation.

