

Counseling and Psychological Services (CAPS)

DROP – IN GROUPS, Fall 2020

No sign-up. No pre-screening. Come to as many or as few meetings as you like.
For more information about each drop-in support group,
contact CAPS at (657) 278-3040 or visit fullerton.edu/caps

PANDEMIC PARENTING

Tuesdays, 1 - 2PM Start date: September 15

Dr. Christina Carroll-Pavia & Calvin Yang, M.A.

Connect with other CSUF students who are managing the stresses of being a college student and parent during a pandemic. Give and receive support, share resources, tips, and helpful information, and discuss common concerns.

To Join: <https://zoom.us/j/94255727286?pwd=dzVGWjAxeVhrbjNqUkFjOXhSZXhRQT09>

THE GIFT OF NOW: MINDFULNESS MEDITATION

Mondays, 11AM - 12PM Start date: October 19 (will meet for 6 consecutive Mondays)

Dr. Phi Loan Le & Laura Vidal, M.A.

Have you always wanted to integrate more mindfulness into your life, but don't know how to start? This drop-in group will walk you through the basics of mindfulness. Join us for experiential practices and tips on how to incorporate mindfulness tools to reduce stress, increase a general sense of well-being, and bring more awareness and presence into your days.

To Join: <https://zoom.us/j/92782239985?pwd=VmdiZHBRVEo0cEhGbVRpRWIPc2hKUT09>

Project SELF

Tuesdays, 3 - 4:30PM Start date: November 3 (4-week workshop series)

Presented by the CSUF Eating Concerns Task Force and CAPS, in collaboration with Health Services and TitanWell.

A workshop series on food, mood, and body image focusing on the SELF: Self-compassion, Emotion regulation, Listening (to self and others), and (relationship with) Food. This is a non-judgmental, stigma-free, and weight-neutral/HAES-informed space for students to explore these sensitive topics in a new way with mental health, medical, and nutritional professionals.

To Join: <https://zoom.us/j/94969932110?pwd=azFSRHc0Wm1uYjVwdmp3N2V6ekZEUT09>

GRADUATE STUDENT SUPPORT GROUP

Wednesdays, 1 - 2PM Start date: October 7 – group meets every 2 weeks

Dr. Annie Petrossian

A safe space for graduate students as they navigate the unique stressors and experiences of being in graduate study, including social isolation due to COVID-19 related shutdowns and travel restrictions. This group may help students who struggle with imposter syndrome, engage in negative self-to-other comparisons, or feel disconnected from others within their cohort.

To Join: <https://zoom.us/j/8095784742>

WHILE BLACK...Drop-in with CAPS!

Wednesdays, 1 - 2PM Start date: October 7

Dr. Rashida Mosley

A listening space with CAPS designed for Black CSUF students to discuss how racial trauma, social injustices, police brutality, stereotypes, micro/macroaggressions have impacted their mental and emotional wellbeing.

To Join: bit.ly/whileblackdropincaps

LCRC COPING with CAPS

Wednesdays, 1 - 1:50PM September 9 & 23 October 7 & 21 November 4 & 18 December 2

Dr. Valerie Minchala

Join CAPS and the Latinx Community Resource Center (LCRC) as we offer a space for students to check-in and offer support to each other around the challenges we may be experiencing.

To Join: http://bit.ly/Coping_with_CAPS

DROP-IN CHAT – IRVINE CENTER

Mondays, 3 - 4PM Start date: September 21

Susan Leavy, LMFT

Want to meet and chat with students who you might have bumped into as you walked the halls of Irvine Center.... if it weren't for the pandemic? This forum provides an opportunity to converse with other students in a moderated, non-therapeutic, open topic group. In these times of quarantine and isolation, this is a space to reach out for conversation and connection.

To Join: <https://zoom.us/j/92069511826?pwd=NnZxa2toSVV5QlB4QlR5RW1ZRDFhdz09>

CFS TOGETHER: FINDING OUR STRENGTH IN COMMUNITY

Mondays, 3 - 4PM September 21 October 5 & 19 November 2, 16, & 30

Alex Osorio, LCSW & Laura Vidal, MA

Although we cannot gather at the center's common space to share some snacks, chats and laughs, we provide a space to allow scholars to remain connected. Join in community as we offer meaningful opportunities to interact with other amazing scholars through activities and discussions that will promote wellness, connection, compassion, and belonging. ***This group is open to scholars from the Center for Scholars only***

To Join: For Zoom link, please email Alex Osorio, LCSW at alosorio@fullerton.edu

TREAT YO' SELF TUESDAYS WITH TITAN DREAMERS RESOURCE CENTER (TDRC) & CAPS

Tuesdays, 1 - 2PM Start date: September 15

Martha Zavala Perez, M.S. & Solomon Massin, LCSW

Join the TDRC and CAPS for the continuation of its Treat Yo' Self Tuesday series. These drop-ins offer students the opportunity to connect with peers, learn ways to maintain and improve their mental health, and have a safe space to engage in discussions about wellness. ***This group is open to Undocumented students, students from mixed status families and allies to the undocumented community***

To Join: Interested individuals can register at: tinyurl.com/tdrccaps

EmpowHER: WOMEN SUPPORTING WOMEN

Wednesdays, 2:30 - 4PM Start date: October 7

Susan Leavy, LMFT & Dr. Jenna Ainis

A safe and non-judgmental space for students who identify as female to support and uplift one another, discuss recent stressors, and share coping strategies.

To Join: <https://zoom.us/j/6872504976>

BEING A MAN

Thursdays, 2 - 3:30PM Start date: October 15

Naji Shtayyeh, LMFT, LPCC & Dr. Nicole Enrique

Do you identify as a man, but sometimes question what it means to be a man? This drop-in group is for students who want to explore what masculinity is, learn new perspectives, and redefine what being a man means to them.

To Join: <https://us02web.zoom.us/j/88560312315?pwd=VWtseDBtYnBBcVlJNmRqMUl4MUJnUT09>