

Counseling & Psychological Services (CAPS)

WELLNESS WORKSHOPS SPRING 2023

Wellness is the act of pursuing activities, lifestyles, and choices that contribute to holistic health.
follow CAPS on Instagram @ CSUFCAPS @ YOU.AT.FULLERTON @CAPSWELLNESSROOM

All workshops are drop-in; no sign-up necessary. Questions? Call (657) 278-3040
Varied Locations: [Zoom](#), [Titan Hall \(TH\) Conference Room 3rd floor](#), or [Career Center](#)

STRESS WELLNESS

Identify how stress impacts you and increase skills/tools to decrease stress.

Thursday, 2/23	3-4pm	TH Conference Room 3 rd floor	Flavio Berny & Carolina Gutierrez
Wednesday, 3/15	1-2pm	Career Center LH-208	Citlaly Corrales & Carolina Gutierrez
Wednesday, 4/12	1-2pm	TH Conference Room 3 rd floor	Chloe Young & Carolina Gutierrez
Tuesday, 4/18	3-4pm	bit.ly/CAPSWellnessWorkshops	Carolina Gutierrez

THOUGHT WELLNESS

Identify how your thoughts impact your mood and behavior.
Gain skills to modify unpleasant thoughts and beliefs.

Friday, 3/3	11-12pm	TH Conference Room 3 rd floor	Annie Hoang & Chloe Young
Thursday, 3/23	1-2pm	Career Center LH-208	Carolina Gutierrez & Suki Quan
Friday, 4/7	11-12pm	TH Conference Room 3 rd floor	Flavio Berny & Annie Hoang
Friday, 5/5	11-12pm	bit.ly/CAPSWellnessWorkshops	Annie Hoang

MOOD WELLNESS

Learn how to understand and accept your emotions.
Develop skills to increase positive emotional experiences.

Monday, 2/27	3-4pm	TH Conference Room 3 rd floor	Citlaly Corrales & Suki Quan
Monday, 3/20	3-4 pm	Career Center LH-208	Citlaly Corrales & Suki Quan
Thursday, 4/13	1-2pm	bit.ly/CAPSWellnessWorkshops	Suki Quan
Monday, 4/24	3-4pm	bit.ly/CAPSWellnessWorkshops	Citlaly Corrales

SLEEP WELLNESS

Learn how sleep impacts your body and the benefits of a good night's sleep.
Improve daily strategies to improve sleep.

Wednesday, 2/22	1:30-2:30pm	TH Conference Room 3 rd floor	Citlaly Corrales & Chloe Young
Tuesday, 2/28	3-4pm	Career Center LH-208	Carolina Gutierrez & Flavio Berny
Friday, 4/14	11am-12pm	bit.ly/CAPSWellnessWorkshops	Chloe Young
Thursday, 5/4	3-4pm	bit.ly/CAPSWellnessWorkshops	Flavio Berny

