Counseling & Psychological Services
Spring 2018 Groups

All groups are free and confidential to CSUF students

Please note: All students must have an up-to-date intake counseling appointment and group screening. An intake counseling appointment and/or group screening can be scheduled by contacting CAPS at (657) 278-3040.

Getting Over the Hump: Relaxation Wednesdays

*Wednesdays, 1:30 p.m. - 3 p.m.*

Too busy to relax? Unsure how to relax? Don’t want to relax alone? Too much work and not enough time for ourselves can result in increased physical and mental health struggles. Sometimes finding time for ourselves can be difficult; join this group and have built in time to relax and engage in self-care without worrying about “wasting time.” This support group is designed to increase members’ understanding of the negative effects of stress and provide opportunity to develop relaxation strategies via interactive instruction.

Connections of the HeART

*Thursdays, 3 p.m. - 4:30 p.m. or Fridays, 10:30 a.m. - 12 p.m.*

This 90-minute group encourages members to build caring, genuine interpersonal connections through the process of creative art-making. Members are encouraged to express themselves through their art and words as a means of building support, processing emotional and relational struggles, and tapping into their own strengths. The goal is not to make “good art,” but to use the creative process as a vehicle for personal exploration and development. No previous experience with art or art-making is required—just an openness to participating in the creative process as a means of personal growth.

Grief and Loss

*Fridays, 9 a.m. - 10:30 a.m.*

Losing someone close to us can be incredibly difficult, as it can lead to unexpected thoughts/feelings and cause us to question aspects of ourselves, others, and life more generally. It can be difficult to seek out needed support during the grieving process, particularly when it feels as though nobody “gets it.” This group is designed to provide a safe space for those who have lost a loved one to share their struggles with others who have experienced a similar loss.