PALESTRA

**GETTING FROM HERE TO THERE: REACHING YOUR GOALS**

*Presented by the CSUF Eating Concerns Task Force and CAPS, in collaboration with Student Wellness 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://bit.ly/Palestra]

**THE GIFT OF NOW: MINDFULNESS MEDITATION**

*Project SELF*

Tuesdays, 3:00 – 4:00 P.M.  September 21st (4-week workshop series)

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/29272233985?pwd=VlV4eXh1ZnlhYXJ3QjN0a0FhckZTQT09]

**GRADUATE STUDENT SUPPORT GROUP**

Wednesdays, 1:00 – 2:00 P.M.  Start date: October 7th – group meets every 2 weeks

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/69660932110?pwd=azFSRHc0Wm1uYjVwdmp3N2V6ekZEUT09]

**WHILE BLACK...Drop-in with CAPS!**

Wednesdays, 1:00 – 2:00 P.M.  Start date: October 7th

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: [https://bit.ly/WhileBlack]

**LCRC COPING with CAPS**

Wednesdays, 1:00 – 1:50 P.M.  September 9th & 23rd, October 7th & 21st, November 4th & 18th

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: [https://bit.ly/Coping_with_CAPS]

**DROP-IN CHAT – IRVINE CENTER**

Mondays, 3:00 – 4:00 P.M.  Start date: September 21st

Want to meet and chat with students who you might have bumped into as you walked the halls of Irvine Center.... if it wasn'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=Ne2x3zG5tO65iVQ08RtiGvG6Rvd3d0]

**CFS TOGETHER: FINDING OUR STRENGTH IN COMMUNITY**

Mondays, 3:00 – 4:00 P.M.  September 21st, October 5th & 19th, November 2nd, 16th, & 30th

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 Unocumented students, students from mixed status families and allies to the undocumented community.**

To Join: Interested individuals can register at: [tinyurl.com/tdrcaps]

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

Tuesdays, 1:00 – 2:00 P.M.  September 15th

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 Unocumented students, students from mixed status families and allies to the undocumented community.**

To Join: Interested individuals can register at: [tinyurl.com/tdrcaps]