Women's Lacrosse
Santa Barbara Shootout
Women's Lacrosse participated in the Santa Barbara Shootout Tournament February 3rd-5th. They played 4 games and went 3-1 for the weekend. Their next home game is against Fullerton Community College on 2/23 at 7pm on the West Intramural Field.

Women's Soccer v. USC
Women's Soccer beat USC 1-0 on 2/5, winning their first home game of their season. Their next home game is on 2/19 at 4pm on the West Intramural Field versus University of San Diego.
Joining & Properly Registering for a Sports Club

CONGRATULATIONS! You have discovered Sports Clubs at CSUF. Sports Clubs are student-led organizations that compete on an intercollegiate level throughout the academic year, both regionally, and nationally. To learn more about Sports Clubs at CSUF visit this site below: http://www.fullerton.edu/sll/involvement/sports/

How Do I Join A Sports Club?
You must complete all registration steps before being allowed to participate.

- Contact the president of the club you are interested in joining via TitanLink
- Once you have decided to join a team, complete Sport Club Registration & pay $45 fee.
- Attend either New Member or Returning Member Training

To learn more about the registration process and all the Sports Clubs offered here at CSUF please visit: http://www.fullerton.edu/sll/involvement/sports/join.php

Event Dates:

President’s Meetings
First Friday of Month
- February 3rd at 11am
- March 3rd at 11am

New Member Training Dates
- February 7th
  - Pine 140 at 3pm
- February 15th
  - Pine 111 at 2pm
- March 6th
  - Pine 111 at 3pm

Dates, times, and locations will be posted via Titanlink as well

New Member/Returning Member Training
More information can be found on TitanLink Event Links to RSVP.
Returning Member Online Canvas Training Link: To Enroll click here

Instagram: @csuf.scicc
Counseling and Psychological Services (CAPS) Spring Workshops and Groups

Wellness Workshops:

**Stress Wellness:**
- Thursday, 2/23 3-4pm, TH Conference Room 3rd floor
- Wednesday, 3/15 1-2pm, Career Center LH-208
- Wednesday, 4/12 1-2pm, TH Conference Room 3rd floor
- Tuesday, 4/18 3-4pm, bit.ly/CAPSWellnessWorkshops

**Thought Wellness:**
- Friday, 3/3 11-12pm, TH Conference Room 3rd floor
- Thursday, 3/23 1-2pm, Career Center LH-208
- Friday, 4/7 11-12pm, TH Conference Room 3rd floor
- Friday, 5/5 11-12pm, bit.ly/CAPSWellnessWorkshops

**Mood Wellness:**
- Monday, 2/27 3-4pm, TH Conference Room 3rd floor
- Monday, 3/20 3-4 pm, Career Center LH-208
- Thursday, 4/13 1-2pm, bit.ly/CAPSWellnessWorkshops
- Monday, 4/24 3-4pm, bit.ly/CAPSWellnessWorkshops

**Sleep Wellness:**
1. Wednesday, 2/22 1:30-2:30pm, TH Conference Room
2. 3rd floor
3. Tuesday, 2/28 3-4pm, Career Center LH-208
4. Friday, 4/14 11am-12pm, bit.ly/CAPSWellnessWorkshops
5. Thursday, 5/4 3-4pm, bit.ly/CAPSWellnessWorkshops

**Drop in Groups:**

**Mondays:**
- Mindful Mondays, (Dates: To Be Determined, contact CAPS at 657-278-3040): 11:11-11:45am, Student Wellness - SHCC

**Tuesdays:**
- Anxiety Support Group, (2/14 – 5/2, except 3/28): 11am-12pm, Titan Hall 3rd floor
- Graduate Student Support Group, selected Tuesdays (02/14, 2/28, 3/14, 4/11, 4/25, 5/9): 1-1:50pm, Student Wellness - SHCC

**Wednesdays:**
- Soulful Wellness, selected Wednesdays (2/1, 3/1, 4/5, 5/3): 1-2pm, African American Resource Center

**Therapy Groups:** All groups are free, confidential, and require consistent weekly attendance. All students must have an up-to-date intake prior to scheduling a group screening. To schedule, call CAPS at (657) 278-3040.
- Titan Pride: LGBTQ+ Support Group, Mondays: 3-4:30pm, Start Date TBD
- Grief, Loss, and Healing Support Group, Tuesdays: 10-11:30am, Start Date: TBD
- Grit: A Path to Academic Strength, Tuesdays: 2-3pm, Start Date: February
- Connections of the Heart, Wednesdays: 10-11:30am, Start Date: January
- Empowerment Support Group, Wednesdays: 2:30-4pm, Start Date, February
- Yoga for Mental Health Thursdays: 4-5:30pm, Start Date: March 2
- Living an Authentic Life, Date & Time: TBD, Start Date: February
- Your Best Self: Building Self Esteem & Confidence Date & Time: TBD
- Rise AND Thrive Date & Time: TBD

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