Counseling and Psychological Services (CAPS)

DROP – IN GROUPS, Fall 2020

No sign-up. No pre-screening. Come to as many as or as few meetings as you like.

For more information about each drop-in support group, contact CAPS at (657) 278-3540 or visit fullerton.edu/caps

**PRINCIPAL SUPPORT GROUPS:**

**PANDEMIC PARENTING**

Tuesdays, 2 - 3PM
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/9278223958?pwd=VmdzZHRVVeEcX2h2Z3h3YzJGQ3dNQT09

**THE GIFT OF NOW: MINDFULNESS MEDITATION**

Mondays, 1:15 - 2:15PM
Start date: October 19 (will meet for 6 consecutive Mondays)
Dr. Phyllis 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/9278223958?pwd=VmdzZHRVVeEcX2h2Z3h3YzJGQ3dNQT09

**GRADUATE STUDENT SUPPORT GROUP**

Wednesdays, 1 - 2PM
Start date: October 7 – group meets every 2 weeks
Dr. Annie Petrosian
A safe space for graduate students as they navigate the unique stresses 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-talk, or feel disconnected from others within their cohort.

To Join: https://zoom.us/j/92496932110?pwd=a2FIRkk5OEUzLVdNQVluSFlZbVZ6UT09

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

Wednesdays, 1 - 2PM
Start date: October 7
Dr. Rashida Moody
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/2HABlnP

**LCRC COPING with CAPS**

Wednesdays, 1:45PM
September 9 & 23
October 7 & 21
November 4 & 18
December 2
Dr. Valerie McChlus
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.


**DROP-IN CHAT – IRVINE CENTER**

Mondays, 3 - 4PM
Start date: September 21
Susan Leesy, 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-judgmental, 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/90269511826?pwd=nlo2e32jsS5VQ1R4QHJsMCdiWi5Tb09

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

Mondays, 3 – 4PM
September 21
October 5 & 19
November 2, 16, & 30
Alex Orosio, 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 Orosio, LCSW at aorosio@fullerton.edu

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

Tuesdays, 1 - 3PM
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: https://bit.ly/tdrccapstreatyoself

**EmpowHER: WOMEN SUPPORTING WOMEN**

Wednesdays, 2:30 - 3:30PM
Start date: October 7
Susan Leesy, LMFT & Dr. Jenina Aren
An safe and non-judgmental space for students who identify as female to support and uplift one another, discuss recent stressors, and share coping strategies.


**BEING A MAN**

Thursdays, 2 - 3:30PM
Start date: October 15
Naji Shthyay, 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://Meeting.webex.com/uu/RRb560337157?pwd=WmVtBDYtB18vVHImReM4hlMUpzJT09

**OМ ЕN SUPPORTING WOMEN**

Mondays, 11:30AM - 12:30PM
Start date: October 19
Dr. Jenna Ainis & Christin Pavia, LPCC
A listening space with allies for women to make new connections, voice their experiences, and support each other. This is a non-judgmental, stigma-free, and weight-neutral/HAES-informed space for women to explore these sensitive topics in a new way with mental health, medical, and/or vocational professionals.

To Join: https://bit.ly/2CgKz52

**OMEN SUPPORTING WOMEN**

Mondays, 11:30AM - 12:30PM
Start date: October 19
Laura Vidal, MA & Calvin Yang, M.A.
Continuation of its Treat Yo’ Self Tuesday series. This group is open to women.

To Join: https://zoom.us/j/8095784742?pwd=VmdzZHRVVeEcX2h2Z3h3YzJGQ3dNQT09

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