

COUNSELING PROGRAMS & TOOLBOXES - FALL 2023



ANXIETY TOOLBOX

A 3-part workshop dedicated to helping students overcome anxiety.

MOOD TOOLBOX

3-part workshop series that teaches students ways to manage mood.

ADHD INFORMATION

So, you think you have ADHD, now what? For students who suspect they may have ADHD, have never been diagnosed, and want to explore more options for treatment.

BLACK MINDS MATTER

A drop-in opportunity for students to discuss current events that affect the black community.

STUDENT PARENT SUPPORT GROUP

A drop-in supportive environment for those struggling with the unique challenges of parenting while being a student.

SCAN FOR CALENDAR



CAPS PHONE NUMBER 831-459-2628

PLEASE CONTACT US IF YOU REQUIRE
DISABILITY ACCOMMODATION

1-1 DROP-IN SESSIONS

LET'S TALK

Drop-in for a confidential chat with a professional counselor who can provide support. No appointment required.

CASE MANAGEMENT

Brief confidential check-in with a case manager to discuss on/off campus resources for medical and mental health concerns. No appointment required.



BLACK LGBT GROUP

A supportive group space for black students who identify as queer.

BLACK & MULTIRACIAL GROUP

A safe, affirmative space for black biracial and black multiracial students to connect in a group.

BLACK WOMEN'S GROUP

A group for students who identify as female and black to connect with other black women and discuss their experiences.

DIALECTICAL BEHAVIORAL THERAPY (DBT) SKILLS

A DBT group for students struggling with intense emotions. Students find new evidence-based ways of managing negative feelings.

GRAD WOMEN'S GROUP

A support group for grad students who identify as female to discuss the challenges of being a graduate student.

GRAD MEN'S GROUP

A support group for graduate students who identify as male to discuss the challenges of being a grad student.

WEEKLY COUNSELING GROUPS - FALL 2023

SIGN-UP / REFERRAL REQUIRED
CAPS PHONE NUMBER 831-459-2628

MORE INFO AVAILABLE ON THE CAPS CALENDAR



caps.ucsc.edu



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ACCOMMODATION

HAPPINESS GROUP

What does it take to be happy? Come learn and practice science-based skills proven to increase positive well-being, contentment, and life satisfaction.

HEALING AFTER SEXUAL ASSAULT

A supportive group and safe space for students who have experienced sexual assault to connect with others and feel empowered.

LIVING WITH LOSS

A supportive environment where students can connect through learning about honoring grief and loss issues while managing academic demands.

PSYCHIATRY 101

For students who have never taken a psychotropic medication and have questions about Psychiatric care.

QUEER POC GROUP

An in-person, affirmative group for undergraduate Students of Color who identify along the Queer spectrum. From relationships to new life experiences, students navigating the intersection of race and sexuality can get support and guidance.

TRANS & NON-BINARY THERAPY GROUP

An in-person process group for trans and non-binary students that emphasizes intentional community, safe space, exploration, and support. This group is facilitated by a queer trans masculine therapist of color.

UNDERGRAD SUPPORT GROUP

Are you feeling overwhelmed, isolated, stuck, and/or scattered? Whether social or academic stresses, global or community concerns, let's talk about how we can take care of ourselves and of each other.

