

CAPS WEEKLY COUNSELING GROUPS

SPRING 2024

ANXIETY SKILLS GROUP

Is anxiety coming between you and your goals? Learn helpful skills to manage anxious thoughts, emotions, and physical sensations in a safe and supportive group setting.

CONNECTIONS: INTERPERSONAL PROCESS GROUP

A group for undergraduate students interested in better understanding themselves, practicing new ways of relating to others, and to receive feedback and support from peers.

DIALECTICAL BEHAVIORAL THERAPY (DBT) SKILLS

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

GRAD WOMEN'S GROUP

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

GRAD MEN'S GROUP

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

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

MORE INFO AVAILABLE ON THE CAPS
CALENDAR



caps.ucsc.edu

Please contact us if you require disability 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.

NEURODIVERSITY GROUP

A confidential, weekly space to connect with other students who identify as neurodivergent, be supported in an affirming environment, and gain skills to manage a variety of challenges.

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.



COUNSELING PROGRAMS AND TOOLBOXES | SPRING 2024

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.

ANXIETY & MOOD TOOLBOX SERIES

Anxiety Toolbox is a 3-part workshop series that helps students to recognize and manage anxiety symptoms.

Mood Toolbox is a 3-part workshop series that teaches students ways to manage depression symptoms.

LIVING WITH LOSS: DROP-IN

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 psychiatric/psychotropic medication and have questions and/or concerns about seeking psychiatry care. Requires referral from a clinician.

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SCAN FOR CALENDAR



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1-1 Drop-in Sessions
No appointment required

LET'S TALK

Drop-in for a confidential chat with a professional counselor who can provide support.

CASE MANAGEMENT

Brief confidential check-in with a case manager to discuss on/off campus resources for medical and mental health concerns.

