24/7 Crisis Services
Visit CAPS at Health 2 or Call to get Connected! 713-743-5454

Individual Counseling
Single Session
Couples Counseling
Group Counseling

Group Counseling Recruitment is Open! Call CAPS!

GROUP COUNSELING RECRUITMENT IS OPEN CALL CAPS!

Group allows students to try new behaviors & gain feedback about how they're being perceived. Groups close shortly after they begin to ensure safety and confidentiality in the growth space.

Individual Counseling
Single Session
Couples Counseling
Group Counseling

Racial Trauma is Real Workshop
Monthly 11:00am
Monday 8/30 Tuesday 10/19
Thursday 9/30 Friday 11/19

Suicide Prevention Training - QPR
M/Th 12:00pm
Mondays & Thursdays at noon
Registration required

Latinas REACH Support Group
Sept 2 3-5pm
Weeks of Welcome Drop-In Event at Women & Gender Resource Center

Latinas REACH Support Group
Sept 15 12pm
Virtual Support Session RSVP to lmzavala@central.uh.edu

NEWS

WELCOME NEW CAPS CLINICIANS
We have new faces in our office. Please help give a warm Coog welcome to our new team members. Reach out and say hello!

Karen Jubert, LPC-S
Emily Schwass, LCSW
Monica Lackups-Fuentes, Ph.D.
Call to get Connected! 713-743-5454

24/7 Crisis Services
Individual Counseling
Single Session
Couples Counseling
Group Counseling

Did you know CAPS offers COUPLES COUNSELING?

LET'S TALK VIRTUAL SUMMER SCHEDULE
Zoom: 91244361097
uh.edu/caps/outreach/lets-talk

Monday - Friday
3 pm - 4 pm

MEET LET'S TALK COORDINATOR JANET CLEMENSON

She joined CAPS team in Aug 2014 & has grown the Let's Talk consultation program by collaborating with UH Campus Rec Art Walks. She loves our diverse student population & is a strong ally for LGBTQ & DACA students.

NEWS
CAPS CLINICIAN LAURA ZAVALA-MEMBRENO AWARDED AT 9TH ANNUAL SHRILIES

Hall Council Program of the Year
Stress Management and Mental Health
(University Lofts)

G I V E  t o  C A P S
C L I C K  h e r e

G I V E  t o  C A P S
C L I C K  h e r e

NEWSLETTER
SUMMER 2021
SERVICES | NEWS | UPDATES
UH.EDU/CAPS | 713-743-5454
Get Connected to Psychotherapy
Call US!
713-743-5454
Individual Counseling
Single Session
Couples Counseling
Group Counseling

SUMMER GROUP COUNSELING RECRUITMENT IS OPEN!
CALL CAPS 713-743-5454

Group allows students to try new behaviors & gain feedback about how they're being perceived. Groups close shortly after they begin to ensure safety and confidentiality in the growth space.

MENTAL HEALTH AWARENESS MONTH #MHAM
MAY 2021

CAPS SERVICES
SIGNATURE EVENTS

Shine a Light on Mental Health Fair
College of Pharmacy
5/13 10:00am
FUN ACTIVITIES & PRIZES
Zumba, mindfulness meditation, guided stretching exercises for stress relief, educational seminars, & more!

What is Trauma Anyway?
Maria Vázquez - CAPS
5/19 2:00pm
Keeping the Chaos Together
Documentary Screening & Panel Discussion
5/25 6:30pm

Sign-up for Suicide Prevention Training Here

NEWS
CAPS CLINICIANS PRESENT AT NPR REGIONAL CONFERENCE!

Texas Public Media
STAFF SUMMIT
MENTAL HEALTH & STRESS AWARENESS
Clinical Psychologist Norma Ngo and members of her team identify ways to stay mindful of stress and aware of your own mental health.

Norma Ngo, Psy.D. Rune Mølbak, Ph.D. Cecilia Sun, Ph.D.
CAPS NEWSLETTER

SPRING 2021
SERVICES | UPDATES | EVENTS
UH.EDU/CAPS | 713-743-5454

CAPS SERVICES

To Get Connected
Call US!
713-743-5454

Individual Counseling
Single Session
Couples Counseling
Group Counseling***

Essential Skills Workshops

To Get Connected
Call US!
713-743-5454

Individual Counseling
Single Session
Couples Counseling
Group Counseling***

Essential Skills Workshops

DID YOU KNOW???
GROUP THERAPY HAS
CLOSED FOR THIS SEMESTER

Group allows students to try new behaviors & gain feedback about how they're being perceived. Groups close shortly after they begin to ensure safety and confidentiality in the growth space.

MARCH EVENTS
UH.EDU/CAPS/CALENDAR

TUES & FRI
12-1 PM
SUICIDE PREVENTION
TRAINING

12 PM 3/23
LATINAS REACH
GRAD STUDENT
GROUP

10AM 3/26
RACIAL TRAUMA IS
REAL WORKSHOP

LET'S TALK SCHEDULE
uh.edu/caps/outreach/lets-talk  Zoom: 91244361097

Day
Times
Mondays
11am-12pm 3pm-4pm
Tuesdays
10am-11am 3pm-4pm
Wednesdays
10am-11am 3pm-4pm
Thursdays
10am-11am 3pm-4pm
Fridays
10am-11am 3pm-4pm

COOGLIFE INTERVIEWS
CAPS DIRECTOR
www.instagram.com/cooglifemag/

Q&A WITH A
SEX THERAPIST

SUICIDE PREVENTION
QPR
SIGN UP

UH.EDU/CAPS/OUTREACH/QPR-SUICIDE-PREVENTION/

CAPS PARTNERS WITH CAMPUSS REC
COLOR FIELD ART WALK

www.instagram.com/cooglifemag/

Q&A WITH A
SEX THERAPIST

SUICIDE PREVENTION
QPR
SIGN UP

UH.EDU/CAPS/OUTREACH/QPR-SUICIDE-PREVENTION/

CAPS PARTNERS WITH CAMPUSS REC
COLOR FIELD ART WALK

Public Art
University of Houston
University of Houston

Art is a Stress-Buster