CAPS SERVICES
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.

SIGNATURE EVENTS

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

What is Trauma Anyway?
5/19
2:00pm
Maria Vázquez - CAPS

Keeping the Chaos Together Documentary Screening & Panel Discussion
5/25
6:30pm

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.