CAPS NEWSLETTER
SPRING 2022
CLICK TO SUBSCRIBE

PSYCHOTHERAPY SERVICES

Initial Drop-in Visit
We do not take appointments for 1st time clients. Call or Visit us 10a-4p weekdays

DID YOU KNOW?
2/3 OF STUDENTS WHO VISIT CAPS SAY DEPRESSION OR ANXIETY IS THEIR MAIN CONCERN?

ESSENTIAL SKILLS WORKSHOPS HELP STUDENTS LEARN COPING SKILLS TO ADDRESS THESE CONCERNS

Click a Service to Learn More

Essential Skills Workshops
Individual Counseling
Single Session
Couples Counseling
Group Counseling

WORKSHOPS & TRAININGS

UH.EDU/CALENDAR

Racial Trauma is Real C2 Workshop
Learn about the impact of racial trauma; how to cope & support those affected!

1/28 1:00pm
2/15 2:00pm
3/4 11:00am
4/12 11:00am

Request a Presentation from CAPS

Suicide Prevention Training
Help CAPS create a community of care!
Mondays & Thursdays 12-1
Registration required!

LET'S TALK SPRING SCHEDULE

Mon Tues Wed Thur Fri
Athletics/ ACE Wellness Student Service Library
ACE Rm 2106E Office Center 1 Rm 264D
12:30- 3-5pm 9-11am Student Center 211
2:30pm

Virtual Let's Talk Zoom: 91244361097
Mons 3-4pm & Tues 3-5pm

GRAD STUDENT SUPPORT GROUPS

Latinas REACH Support Group
Sista Circle: Black Grads