



# CAPS NEWSLETTER

SPRING 2022

[CLICK TO SUBSCRIBE](#)

@uh\_caps



@uhcaps



UH.EDU/CAPS | 713-743-5454

## PSYCHOTHERAPY SERVICES

### Initial Drop-in Visit

We do not take appointments for 1st time clients.

Call or Visit us 10a-4p weekdays

Health 2

### 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 Rm 2106E 12:30-2:30pm	Wellness Office 3-5pm	Student Center Rm 211 9-11am	Student Service Center 1 Rm 210D 10a-12p	Library Rm 264D 11a-1p

Virtual Let's Talk Zoom: 91244361097

Mons 3-4pm & Tues 3-5pm

## GRAD STUDENT SUPPORT GROUPS

[Latinas REACH Support Group](#)

[Sista Circle: Black Grads](#)

