

Counseling & Psychological Services (CAPS)

DROP-IN GROUPS SPRING 2024

 @CSUFCAPS @YOU.FULLERTON.EDU @CAPSWELLNESSROOM

No RSVP Required. Come to as many or as few groups as you like!

Questions? call CAPS at (657) 278-3040 or visit [Fullerton.edu/caps](https://www.fullerton.edu/caps)

How to find us? <https://www.fullerton.edu/caps/staff/locations.php>

TUESDAYS

TEA TIME

Asian Pacific American Resource Center (DIRC: PLS-187)

Selected Tuesdays: 1-2pm

Dates: 2/27, 3/19, 4/16, and 5/7

Facilitated by: Dr. Phi Loan Le & Diem Nguyen

Join us in APARC PLS-180 to take a study break, de-stress, and be in community.

MEN'S GROUP

Titan Hall Group Room 3rd floor

Tuesdays: 2-3pm

Dates: 2/20, 2/27, 3/5, 3/12, 3/19, 3/26

Facilitated by: Carlos Villatoro, LMFT & Naji Shtayyeh, LMFT, LPCC

Despite significant awareness that talking openly is an effective way of dealing with problems, young men in particular are reluctant to do so. Come join us and discuss masculine stereotypes and together tackle outdated ideas that harm our well-being. Take the first step towards a healthier mind. Your journey to resilience starts here! No reservation needed—just come as you are.

BRING YOUR ANXIETY TO THE MAT

Titan Hall 3rd Floor Yoga Room

Tuesdays: 4-5pm

Dates: 2/27 - 5/7 (Excluding 4/2)

Facilitated by: Amy Blazer

Welcome to the mat. Here you will experience a sense of belonging within a safe space to reset emotional balance. Practicing yoga can provide relief of temporary anxiety through breath-work, poses, and balance. Let's reset together!

WEDNESDAYS

ART OF WELLNESS

Titan Hall Conference Room 3rd Floor

Wednesdays: 12-1:15pm

Dates: 2/14 - 4/17 (Excluding 3/20 & 4/3)

Facilitated by: Dr. Christina Carroll-Pavia

Join us to engage in relaxing self-care activities through art-making! Topics vary per session, but include coloring, collaging, painting "kindness rocks," creating bookmarks and postcards, and more! No experience, materials, or artistic ability required.

SOULFUL WELLNESS WEDNESDAY

African American Resource Center (DIRC: PLS-182)

Selected Wednesdays: 1-2pm

Dates: 2/7, 3/6, 4/10, 5/1

Facilitated by: Myesha Dunn, LMFT

Soulful Wellness Wednesday is a time for Black identifying students to learn and practice self-care and self-love in community. Black faculty and staff are welcome to join in support of our students. For more information, email mydunn@fullerton.edu.

GRADUATE STUDENT SUPPORT

Langsdorf Hall-216 and Virtual (Zoom)

Wednesdays: In-Person 3-4pm

2/7, 3/6, 4/10, 5/1

Wednesdays: Virtual 3-4pm

2/14, 2/21, 2/28, 3/13, 3/20, 3/27, 4/17, 4/24, 5/8

Zoom Information: <https://fullerton.zoom.us/j/88669722076> Meeting ID: 886 6972 2076

Facilitated by: Annie Petrossian, Ph.D, Faculty Counselor/Licensed Psychologist

This drop-in group is open to all graduate students and provides support for students with juggling all of the different aspects of their lives as graduate students, including parenting/caregiving, academics, emotional wellness, relationships, and work/life balance. This group can also serve as an opportunity to take a deeper dive into the graduate student workshop topics that will be presented this semester.

EN COMUNIDAD

Latinx Community Resource Center (Pollak Library South -180)

Date: Tuesday 2/13 at 12-1:30 pm (Navigating Family Expectations)

Date: Wednesday 3/20 at 1-2:30 pm (I Don't Know What I Don't Know About College)

Date: Wednesday 4/24 at 12-1:30 pm (Transitioning After College: Let's talk about how to navigate life after college)

Facilitated by: Dr. Valerie Minchala

Join us at the LCRC for a monthly series where we will come together en comunidad to offer support to each other as we exchange stories and experiences about matters we face as members of the Latine community.

THURSDAYS

LET'S FOCUS ON FOCUSING

Titan Hall Conference Room 3rd Floor or Titan Hall Group Room 3rd Floor

Thursdays: 4-5pm

Dates: 2/29 - 5/9 (Excluding 4/4)

Facilitated by: Amy Blazer

"Let's Focus on Focusing" is a support group that helps students who struggle with attention and concentration to identify current challenges, develop strategies for managing them, and build self-esteem. Students can learn practical methods that can be used in everyday life such as time management, organization, activation, and motivation.

FRIDAYS

OVERCOMING ANXIETY

Housing Residential and Engagement Conference Room

Every 2nd or 4th Friday of the month: 1:30-3pm

Dates: 2/23, 3/8, 3/22, 4/12, 4/26

Facilitated by: Dr. Lamba Aziz-Hanifzai

This therapy group is a space for Resident Advisors (RA)s to learn about anxiety and how it can portray itself. Identify triggers that can worsen your anxiety. Discover and develop effective and positive coping skills, increase self-esteem, and regulate negative thoughts in a supportive environment. All groups are free, confidential, and require consistent attendance.

APPROACHING FINALS WEEK SUPPORT GROUP!

FLOURISHING THROUGH FINALS

Dates: Monday, 4/29: 11am-12pm <https://bit.ly/3S9LRBH> & Monday 5/6: 11am-12pm <https://bit.ly/3vmKZR8> Virtual

Dates: Thursday, 5/2: 3pm-4pm & Wednesday, 5/8: 10am-11am

Titan Hall Conference Room 3rd Floor

Facilitated by: Jodi Shurtleff, LMFT & Lolita Mariscal, LCSW

Come and learn mental health techniques to help be less stressed and more successful during finals!

