

Counseling & Psychological Services (CAPS) WELLNESS WORKSHOPS SPRING 2024

Wellness is the act of pursuing activities, lifestyles, and choices that contribute to holistic health.



@CSUFCAPS @YOU.AT.FULLERTON @CAPSWELLNESSROOM

All workshops are drop-in; no sign-up necessary. Questions? Call (657) 278-3040

Location: Titan Hall (TH) Conference Room 3rd floor 1347 and Zoom: bit.ly/CAPSWellnessWorkshops

STRESS WELLNESS

Identify how stress impacts you and increase skills/tools to decrease stress.

Tuesday, 2/20	11am - 12pm	Suki Quan & Emely Espino
Wednesday, 3/27	10am - 11am	Felix Rivera & Chloe Young
Wednesday, 4/17	2pm - 3pm	Aliahna Vanguardia & Flavio Berny
Tuesday, 5/7	10am - 11am	Suki Quan

THOUGHT WELLNESS

Identify how your thoughts impact your mood and behavior.

Gain skills to modify unpleasant thoughts and beliefs.

Wednesday, 2/28	10am - 11am	Carolina Gutierrez & Amy Dao
Wednesday, 3/20	10am - 11am	Felix Rivera & Suki Quan
Tuesday, 4/16	10am - 11am	Carolina Gutierrez & Emely Espino
Tuesday, 5/7	11am - 12pm	Carolina Gutierrez

MOOD WELLNESS

Learn how to understand and accept your emotions.

Develop skills to increase positive emotional experience.

Tuesday, 2/27	11am - 12pm	Suki Quan & Emely Espino
Thursday, 3/14	10am - 11am	Carolina Gutierrez & Emely Espino
Thursday, 4/25	3pm - 4pm	Amy Dao & Aliahna Vanguardia
Wednesday, 5/8	1pm - 2pm	Felix Rivera & Amy Dao

SLEEP WELLNESS

Learn how sleep impacts your body and benefits of a good night's sleep.

Improve daily strategies to improve sleep.

Wednesday, 2/28	2pm - 3pm	Flavio Berny & Aliahna Vanguardia
Wednesday, 3/20	2pm - 3pm	Chloe Young & Flavio Berny
Wednesday, 4/24	2pm - 3pm	Chloe Young & Aliahna Vanguardia
Tuesday, 5/7	1pm - 2pm	Flavio Berny

