



CAPS Group Schedule

SPRING 2026

MONDAYS

- 1:00 PM Understanding Self & Others
- 1:00 PM Grief and Loss Support
- 1:00 PM ADHD

TUESDAYS

- 10:00 AM Understanding Self and Others
- 10:00 AM Safety and Self-Care Part 1
- 1:00 PM DBT
- 1:00 PM Healing from Difficult Family Dynamics
- 2:30 PM Building Social Confidence (Virtual)
- 3:00 PM ADHD

WEDNESDAYS

- 10:00 AM Creative Connections
- 10:00 AM Autism Connections
- 1:00 PM Safety and Self-Care Part 2
- 1:00 PM Building Social Confidence
- 2:30 PM Understanding Self and Others (Downtown Campus)
- 3:00 PM Body Wellness

THURSDAYS

- 10:00 AM Anxiety Support
- 10:00 AM Understanding Self and Others
- 1:00 PM Relationships
- 1:00 PM Health Support
- 1:00 PM Self-Compassion

Talk with your therapist to find out more about our supportive groups this semester, each one focusing on different needs.