

WOW!

CAPS Well-Being Online Workshops

WOW!

Feb 23	3:00	Coping Skills: Mindfulness
Feb 24	3:30	Body Wellness
Feb 25	1:00	Navigating College with a Health Concern
Mar 2	3:30	Creating Healthy Relationships
Mar 3	11:00	Coping Skills: Emotion Regulation
Mar 3	3:30	Achieving Goals and Sustaining Motivation
Mar 4	3:30	Assertiveness and Boundaries
Mar 5	1:00	Safety & Self-Care: Coping Skills
Mar 6	11:00	Forgiveness: A Path to Healing
Mar 9	1:00	Improving Communication
Mar 10	2:30	Assertiveness and Boundaries
Mar 11	3:00	QPR: Suicide Prevention Training
Mar 12	11:00	Coping Skills: Interpersonal Relationships
Mar 23	1:00	Managing Anxiety
Mar 24	1:00	Managing ADHD Symptoms
Mar 25	2:30	Coping Skills: Distress Tolerance
Mar 26	11:00	Safety & Self-Care: Relationships & Connections
Mar 26	2:30	Balancing School, Work, and Life
Mar 27	1:00	Exploring Relationship Structures
Mar 30	2:30	Safety & Self-Care: Stress & The Nervous System
Mar 31	1:00	Coping Skills: Mindfulness
Apr 1	3:30	Coping with Social Anxiety
Apr 2	1:00	Love Languages and Healthy Communication
Apr 3	12:00	Creating Healthy Relationships
Apr 6	3:30	Social Media and Mental Health
Apr 7	1:00	Coping Skills: Emotion Regulation
Apr 8	1:00	Safety & Self-Care: Rebuilding Self-Trust
Apr 9	1:30	What's Next? Managing Graduation Anxiety
Apr 10	12:00	Cultivating Discipline
Apr 13	12:00	Love Versus Emotional Hunger
Apr 14	12:30	Self-Talk Matters
Apr 15	1:00	Coping Skills: Interpersonal Relationships
Apr 16	3:30	Coping Through Creativity
Apr 17	11:00	Building Resiliency
Apr 20	2:00	Managing Anxiety
Apr 21	1:30	Distress Management Skills
Apr 22	2:30	Dealing with Burnout: The 7 Types of Rest
Apr 23	1:30	Coping Skills: Distress Tolerance
Apr 24	12:00	Giving and Getting Emotional Support
Apr 27	2:00	Therapeutic Journaling
Apr 28	1:00	Creating Self-Compassion



Scan for
More
Information

At the workshop time, please join in on Zoom at: <https://bit.ly/CAPSWOW>
All students are welcome to attend!

Spring
2026



UCF

Counseling and
Psychological Services



BEAM