



# CAPS Group Schedule

**SUMMER 2026**

## MONDAYS

1:00 PM ADHD Management

1:00 PM DBT

## TUESDAYS

10:00 AM Understanding Self and Others

10:00 AM Self-Compassion

10:00 AM Safety and Self-Care

1:00 PM Grief & Loss

1:00 PM The Adjustment Space

## WEDNESDAYS

1:00 PM Understanding Self and Others

1:00 PM Creative Connections

1:00 PM Trauma Empowerment

## THURSDAYS

10:00 AM Sister Circle

10:30 AM Women's Support

10:30 AM Relationships

1:00 PM Building Social Confidence

1:00 PM Understanding Self and Others

3:00 PM Skills & Support