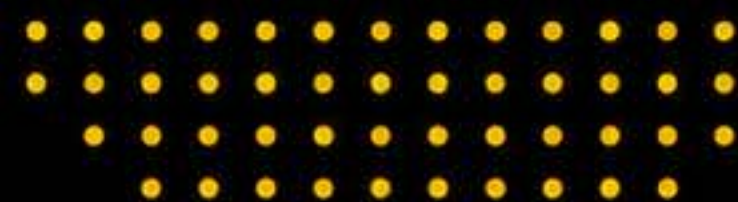




UCF

CAPS

Group Schedule - Fall 2026



	TIME	GROUP
MON	10 AM	Creative Connections
	2 PM	ADHD Management
TUE	10 AM	Safety & Self-care
	10 AM	Understanding Self & Others
	1 PM	Building Self-Compassion
	1 PM	Relationships
	3 PM	Grief & Loss
	3 PM	Coping with Depression
WED	10 AM	Autism Connections
	1 PM	Mindfulness for Stress Mgmt.
	1 PM	Body Wellness
	1 PM	DBT
	3 PM	Psychodrama
THU	10 AM	Understanding Self & Others
	10:30 AM	Trauma Empowerment
	1 PM	Understanding Self & Others
	1 PM	Family Dynamics
	1 PM	Health Support
	3 PM	Skills & Support
	3 PM	Building Social Confidence