

WOW! CAPS Well-Being Opportunities & Workshops WOW!

Sept 28	12:30	Safety & Self-Care: Stress & The Nervous System	Online
Sept 29	1:30	Body Wellness	Online
Sept 30	2:30	What Matters Most: Identifying Your Values	In Person
Oct 1	3:00	Balancing School, Work, and Life	In Person
Oct 5	12:00	Creating Healthy Relationships	In Person
Oct 5	3:00	Coping Skills: Mindfulness	Online
Oct 6	3:00	Managing ADHD Symptoms	Online
Oct 7	10:30-2:30	Healthy Knights Expo	SU Atrium
Oct 7	12:30	Navigating College with Health Concerns	Online
Oct 8	3:30	Love Languages and Healthy Communication	In Person
Oct 9	10:00-2:00	World Mental Health Day	Outside CAPS
Oct 12	11:00	Managing Anxiety	Online
Oct 13	2:00	Distress Management Skills	Online
Oct 14	3:30	Achieving Goals and Sustaining Motivation	Online
Oct 15	3:30	Coping with Current Events	Online
Oct 19	1:00	Coping Skills: Emotional Regulation	Online
Oct 20	2:30	Improving Communication	Online
Oct 21	2:30	Self-Talk Matters	In Person
Oct 22	12:30	Dealing with Burnout: The 7 Types of Rest	Online
Oct 23	11:00	Making Friends	In Person
Oct 26	12:00	Love versus Emotional Hunger	In Person
Oct 26	3:30	Social Media and Mental Health	Online
Oct 27	3:00	Coping with Social Anxiety	Online
Oct 28	2:30	Therapeutic Journaling	In Person
Oct 29	11:00	Coping Skills: Interpersonal Effectiveness	Online
Nov 2	3:00	Safety & Self-Care: Rebuilding Self-Trust	Online
Nov 3	11:00	Cultivating Discipline	In Person
Nov 4	11:00	Assertiveness and Boundaries	Online
Nov 5	2:00	Introduction to Internal Family Systems	Online
Nov 6	11:00-1:00	PAWS	CAPS
Nov 9	11:00	Safety & Self-Care: Coping Skills	Online
Nov 10	3:00	Stress Management through Mindfulness	In Person
Nov 12	3:00	Coping Through Creativity	In Person
Nov 13	11:00-12:00	World Kindness Day	Outside CAPS
Nov 16	11:00	QPR: Suicide Prevention Training	Online
Nov 16	2:00	What's Next? Managing Graduation Anxiety	In Person
Nov 17	1:00	Managing ADHD Symptoms	In Person
Nov 18	1:00	Creating Self-Compassion	Online
Nov 19	2:30	Coping Skills: Distress Tolerance	Online
Nov 30	12:30	Giving and Getting Emotional Support	Online
Dec 1	2:00	Building Resiliency	Online
Dec 2	11:00	Forgiveness: A Path to Healing	Online
Dec 3	1:30	Managing Anxiety	Online



Scan for
More
Information

Join Online workshops from <https://bit.ly/CAPSWOW>
Join us for In Person workshops in Student Union Rm 220

All students are welcome to attend!

Fall
2026



Counseling and
Psychological Services

