Counseling & Psychological Services (CAPS)
Support Groups-Spring 2016

Please call CAPS to sign up for a pre-screening at 415-422-6352

*All groups are held in CAPS unless otherwise noted

Thriving in Relationships
Thursday’s 2:00-3:30 beginning Feb 18th
*Held in group room at University Ministry (LL-Phelan)

“Am I anxious or just super alert?” – Coping with Anxiety Support Group
This group will focus on understanding, support and skill building for students who experience and struggle with anxiety, especially in social situations. Students will learn more about their anxiety and gain tools for coping with anxiety.
Monday’s 4:00-5:30 beginning Feb 22nd

Re-Claiming Self: An ACoA Support Group
For students brought up in a chemically dependent, chaotic, and/or dysfunctional household
Thursday’s 4:00-5:15 beginning Feb 11th

Transfer Student Support Group
Build social connections and receive support as you transition to and become involved in the USF community
Tuesday’s 3:00-4:00 beginning Feb 16th

Women of Color
Therapeutic group for Women of Color led by two therapists who identify as Women of Color. A space for members to explore and get support with unique issues they face as Women of Color. Topics may include identity development, self-concept, discrimination, friendships, relationships, and academic success.
Tuesday’s 1:00-2:30 beginning Feb 23rd

Gender & Sexual Diversity Support Group
A safe place for LGBTQ students who want to make connections, share life experiences, and support one another
Monday’s 12:00-1:30 beginning Feb 22nd