

Counseling and Psychological Services (CAPS)

Presents:

Fall 2020

Virtual Mental Health Workshops



College  Lake County

Counseling and Psychological Services (CAPS)

(847) 543-2032

Single Sessions

45 Minute Sessions

Your "New Normal"

Outlining and discussing how to navigate and adjust to new semester changes during COVID-19.

Monday, August 24 | 11am

Wednesday, August 26 | 2pm

Survive the Crisis DBT/TIPP Skills

Get ready for midterms by learning more about using a simple series of distress tolerance skills to manage overwhelming emotions and the stressors of everyday life.

Monday, October 5 | 11am

Thursday, October 8 | 2pm

- Students may attend any or all sessions which are led by licensed mental health professionals.
- **Pre-registration is required for all single sessions and mini-series workshops.** Please call CAPS at (847) 543-2032 for more information.

Mini-Series

Mindfulness

4-Part, 45 Minute Sessions

A four-part workshop designed to increase moment-by-moment awareness in order to better equip ourselves to live in the present; rather than the past or the future.

Mindfulness of Thoughts

Learn to notice thoughts without getting hooked by distressing worry or self-defeating patterns.

Wednesday, September 2 | 11am

Friday, September 4 | 1pm

Mindfulness of Behavior

Increase ability to act intentionally, which can improve motivation, concentration, and activities of daily living.

Wednesday, September 23 | 11am

Friday, September 25 | 1pm

Mindfulness of Emotions

Apply mindfulness to cultivate more positive and balanced feelings regarding yourself and the world around you.

Monday, October 19 | 11am

Friday, October 23 | 1pm

Mindfulness of Body

Focus on the mind/body connection, increasing body awareness to help manage stress and pain as well as improve overall self-care.

Monday, November 9 | 11am

Thursday, November 12 | 1pm

Understanding Healthy Relationships

3-Part, 45 Minute Sessions

Tips and skills for cultivating healthy relationships.

Trust

Explore aspects of healthy relationships (platonic and romantic), the importance of trust, and how to foster a trusting partnership.

Tuesday, September 15 | 11am

Thursday, September 17 | 3pm

Communication and Conflict Resolution

Learn basic communication strategies, and how to resolve conflicts in relationships.

Tuesday, October 13 | 11am

Thursday, October 15 | 3pm

Sex and Healthy Relationships

Learn how to navigate the complexities of mutual intimate relationships, and the importance of respect.

Tuesday, October 27 | 11am

Thursday, October 29 | 3pm

Self-Compassion

4-Part, 45 Minute Sessions

Over the course of this 4-session workshop, participants will learn ways to nurture their relationship to self and how to shift from thoughts of “Am I enough?” to connecting to their worth. These sessions will specifically focus on teaching participants ways to foster warmth and kindness towards oneself when encountering personal distress, build shame resiliency, and cultivate greater self-acceptance.

Understanding Shame and Self-Compassion

Learn about the impact of shame and how to overcome it through the practice of self-compassion.

Monday, September 28 | 11am

Thursday, October 1 | 3pm

Being Aware of and Kind to Self

Learn how to foster mindful self-awareness and practice kindness in response to self-criticism and shame.

Monday, November 2 | 11am

Thursday, November 5 | 3pm

Connecting to Self and Others

Learn the importance of shared empathy and how to take steps toward communicating your experiences and emotions with others for support and greater connections.

Monday, November 16 | 11am

Thursday, November 19 | 3pm

Shifting from Perfection to Growth Mindset

Learn how to cultivate a more balanced, mindful approach in how you treat yourself as you build a self-compassion and shame-resiliency practice.

Monday, November 30 | 11am

Thursday, December 3 | 3pm

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