Counseling and Psychological Services (CAPS)
Division of Student Life
CAPS.Info@clcillinois.edu
(847) 543-2032
Grayslake Campus, Room A151

Where to Start

Holistic Wellness
Taking time out to take care of ourselves.

Test Taking Anxiety
What it is, how to “get in the zone,” what to do before and during an exam.

Workshops
Drop-in skill-building workshops.

All sessions are led by licensed mental health professionals.

Group Registration:
A screening appointment is required. Please stop by CAPS (Grayslake Campus, Room A151) or call to schedule an appointment.

Workshop Registration:
Pre-registration is required for all workshops. To register, please call (847) 543-2032, visit our website or electronic registration form.

VISIT OUR ELECTRONIC REGISTRATION FORM!

Fall 2021 Group & Workshop Programs

Counseling and Psychological Services (CAPS) Presents:

College of Lake County
Counseling and Psychological Services (CAPS)
Division of Student Life
Grayslake Campus, Room A151
CAPS.Info@clcillinois.edu
(847) 543-2032
BIPOC Student Processing Group
For students who identify as BIPOC (Black, Indigenous, and other People Of Color).

Identity Groups
For students seeking a space to explore their intersecting identities and relationships.

Support Groups
Designed to give people a safe space to share their experiences with others who have similar experiences, and to receive feedback or help if desired.

Coping with Change
Topics may include: general grief & loss (e.g., COVID, becoming an adult, academic changes).

Be Kind to Your Mind: A Cognitive Behavioral Skills Group
Basics of CBT, thought challenging techniques, and relaxation skills.

Art from the Heart: Self-Compassion through Expressive Arts
Extend compassion to one’s self in instances of perceived inadequacy, failure, or general suffering.
Note: Previous art experience is not necessary.

Building my Circle: Ways of Relating to Myself and Others
Communication and coping skills for approaching social awkwardness and anxiety, fear of public speaking etc.

Psychoeducation Groups
Structured sessions that focus on building understanding and skills around specific mental health topics.

VISIT OUR WEBSITE!