



WORKSHOPS

Workshops will be offered online to students who register. Registration form can be accessed at the following link.



HOLISTIC WELLNESS

Exploring how to make time to take care of ourselves.

Sept. 1 at 11:00 a.m.	Sept. 7 at 1 p.m.	Oct. 5 at 1 p.m.	Oct. 13 at 10 a.m.
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TEST ANXIETY

What it is, how to “get in the zone” and what to do before and during the exam to succeed.

Oct. 4 at 10 a.m.	Dec. 6 at 1 p.m.
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SOCIALLY ANXIOUS

Skills to improve socialization and connect with others

Sept. 8 at 11 a.m.	Oct. 7 at 1 p.m.
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PSYCHOEDUCATION GROUPS

Groups will be offered in person at the Grayslake Campus, or online for the benefit of those who cannot benefit from a group otherwise. A set of screening and informational appointments are required. **Please, stop by CAPS or call to schedule an appointment.**

BE KIND TO YOUR MIND:

A COGNITIVE BEHAVIORAL SKILLS GROUP

Basics of CBT, thought challenging techniques and relaxation skills taught over multiple sessions. (Online)

ART FROM THE HEART:

SELF-COMPASSION THROUGH EXPRESSIVE ARTS

Extend compassion to one’s self in instances of perceived inadequacy, failure or general suffering. Previous art experience is NOT necessary. (In Person)

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. (In Person)

GENERAL PROCESS GROUP

A general process group is appropriate for most concerns students present with. One of 2 groups is offered for First Generation Students. A set of screening and informational appointments are required. Contact CAPS to schedule an appointment. (Online; Semester)