**Counseling and Psychological Services (CAPS)**

**DROP – IN GROUPS, SPRING 2021**

No sign-up. No pre-screening. Come to as many or as few meetings as you like.

For more information, about each drop-in support group, contact CAP at (657) 278-3040 or visit fullerton.edu/caps

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**MONDAY**

### The Gift of Now: Mindfulness Meditation

Dr. Phi Loan Le & Laura Vidal, M.A.

Have you always wanted to integrate more mindfulness into your life, but don’t know how to start? This drop-in group will walk you through the basics of mindfulness. Join us for experiential practices and tips on how to incorporate mindfulness tools to reduce stress, increase a general sense of well-being, and bring more awareness and presence into your days.

To Join: https://zoom.us/j/92782239987?pwd=VmdjZHBRVeOEhG3yRjRWJp2HIkUTD9

**Start date:** February 8

**Group meets every Monday**

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### Collective Healing Space for APID/A Students

Dr. Phi Loan Le

A safe and private space for Asian Pacific Islander Desi/American identified students to feel affirmed, seen, and supported. This is a drop-in group for participants to share their concerns and support each other as we work to understand what healing looks like for us and our communities in the face of the recent rise in anti-Asian racism and violence.

To Join: https://us02web.zoom.us/j/88154618837?pwd=RkJxM2lWcGRRm1mZmIZVjEkbXEUTD9

**Start date:** April 5

**Group meets every Monday**

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### Graduate Student Support Group

Dr. Annie Petrossian

This drop-in group is meant to provide a safe space for graduate students as they navigate the unique stressors and experiences of being in graduate study, including social isolation due to COVID-19 related shutdowns and travel restrictions. This group is not meant to take the place of counseling but to provide an additional support for students seeking more social contact, community, and connection during the semester. This group may be helpful for students who are generally high functioning but may struggle with imposter syndrome, engage in negative self-to-other comparisons, or feel disconnected from others within their cohort.

To Join: https://zoom.us/j/8095784742

**Start date:** February 10

**Group meets every other Wednesday**

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### COPING with CAPS

Dr. Valerie Minchak

Join CAPS and the Latinx Community Resource Center (LCRC) as we offer a space for students to check-in and offer support to each other around the challenges we may be experiencing.


**Start date:** January 27

**Group meets every other Wednesday**

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**TUESDAY**

### Project SELFT

Megan Bonynge, LMFT (CAPS), Dr. Julie Meisels (CAPS), Suzanne Knutzen, FNP (Student Wellness), and Jimmy Alvarado, RD (TitanWell)

A workshop series on food, mood, and body image focusing on the SELF: Self-compassion, Emotion regulation, Listening to self and others, and (relationship with) Food. This is a non-judgmental, stigma-free, and weight-neutral/HAES-informed space for students to explore these sensitive topics in a new way with mental health, medical, and nutritional professionals.

To Join: https://zoom.us/j/94969932110?pwd=azFSRhc0Wm1uYjVwdmp3N2V6ekZEUT09

**Start date:** February 16 – March 9

**Group meets every Tuesday**

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To Join: https://zoom.us/j/8095784742

**Start date:** February 10

**Group meets every other Wednesday**

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### ...While Black Drop-in Group

Dr. Rashida Mosley

A listening space with Counseling and Psychological Services (CAPS) designed for Black CSUF students to discuss how social injustices have affected their emotional well-being. Please contact Dr. Rashida Mosley for additional information at rmosley@fullerton.edu

To Join: bit.ly/whileblackdropincaps

**Start date:** February 24

**Group meets every Wednesday**

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**WEDNESDAY**

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Dr. Annie Petrossian

This drop-in group is meant to provide a safe space for graduate students as they navigate the unique stressors and experiences of being in graduate study, including social isolation due to COVID-19 related shutdowns and travel restrictions. This group is not meant to take the place of counseling but to provide an additional support for students seeking more social contact, community, and connection during the semester. This group may be helpful for students who are generally high functioning but may struggle with imposter syndrome, engage in negative self-to-other comparisons, or feel disconnected from others within their cohort.

To Join: https://zoom.us/j/8095784742

**Start date:** February 10

**Group meets every other Wednesday**

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To Join: bit.ly/whileblackdropincaps

**Start date:** February 24

**Group meets every Wednesday**

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Dr. Valerie Minchak

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**Start date:** January 27

**Group meets every other Wednesday**
EmpowHER: Women Supporting Women

Susan Leavy, LMFT & Dr. Jenna Ainis
A safe and non-judgmental space for students who identify as female to support and uplift one another, discuss recent stressors, and share coping strategies.

To Join:
https://us02web.zoom.us/j/89933063627?pwd=S2VuMXFSTmZUUTljaHTeZ2waajRmQT09

Start date:
February 3
Group meets every Wednesday