PROUD TO BE ME
11 a.m.–Noon (beginning 9/5/17)
CAPS (corner of University Blvd. & Country Club Rd.)
Rachel Russell, Psy.D. & Damla Til Ogut, M.S.

There are many sensitive and challenging issues regarding sexuality and gender identity. If you are looking for support, or wish to help support others, with LGBTQ+ concerns, join us in this safe zone to discuss benefits/challenges of coming out, sexual orientation vs. gender identity, coping with complex emotions, and the importance of self-acceptance and self-care.

CONQUERING CONFIDENCE
11 a.m.–Noon (beginning 9/6/17)
CAPS (corner of University Blvd. & Country Club Rd.)
Debra Sloane, Psy.D., BCBA & Caroline Witek, M.S.

Social-Communication challenges can be difficult to manage for a variety of reasons. If you become nervous in social situations or lack social confidence, join us to learn ways to reduce social stress and anxiety, improve communication and assertiveness skills, enhance perspective-taking ability, and practice conversation in a relaxed, supportive setting.

CREATIVE REFLECTIONS
11 a.m.–Noon (beginning 9/7/17)
CAPS (corner of University Blvd. & Country Club Rd.)
Debra Sloane, Psy.D., BCBA & Lauren Gowerowski, M.S.

College is stressful! If you would like to learn ways to better manage stress and emotions through prose (write/choose a poem, bring song lyrics, or create some words to share your thoughts/feelings with others), join us to share your concerns and learn strong coping skills.

LET’S TALK!
3–4 p.m. (beginning 9/8/17)
CAPS (corner of University Blvd. & Country Club Rd.)
Mary Caitlin Fertitta, M.S. & Tracy Masi, M.A., M.S.

Relationships are challenging! If you would like to strengthen your connections with friends, roommates, co-workers, family members and/or significant others, join us to learn effective communication skills and enhance your relationships.