Counseling and Psychological Services
Winter 2017 Drop-In Workshops

Students can participate in CAPS Drop-In Workshops simply by going to the location listed. There is no need to make an appointment. These educational workshops are not professional counseling or psychotherapy. If you would like professional counseling, please call CAPS central office at 858-534-3755.

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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</thead>
<tbody>
<tr>
<td>3:00-4:00PM (Weeks 1-10)</td>
<td>3:00-4:00PM (Weeks 1-10)</td>
<td>3:00-4:30PM (Weeks 1-10)</td>
<td>3:00-4:00PM (Weeks 3-8)</td>
<td>3:00-4:00PM (Weeks 1-10; Except February 17 &amp; March 3)</td>
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<tr>
<td>Keep Calm and Stay Strong</td>
<td>Mindfulness for Resilience and Stress Management</td>
<td>Mindfulness for Daily Living</td>
<td>Flourish @ UC San Diego</td>
<td>Mindfulness for Resilience and Stress Management</td>
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<tr>
<td>CAPS Central Office, Galbraith Hall 190</td>
<td>CAPS Central Office, Galbraith Hall 190</td>
<td>Student Health Services, Murray’s Place</td>
<td>CAPS Central Office, Galbraith Hall 190</td>
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Dr. Ginger Villareal Armas shares cognitive behavioral strategies for effective management of stress and emotions.

Dr. Ginger Villareal Armas shares practices, which could help you to:
- reduce unnecessary suffering.
- recover more quickly from difficulties.
- increase daily productivity.

Please wear comfortable clothes for movement.

For an introduction to mindfulness and self-compassion, arrive at 3PM.

Guided practices are from 3:10-4PM.

Dr. Patrick Savaiano guides participants in mindfulness meditation, which has been shown to be effective for reducing stress, anxiety, depression and increasing a sense of inner peace and contentment.

Learn how you can flourish in this workshop led by Dr. Ronald Ma and a peer educator. They provide:
- an introduction to relaxation and mindfulness.
- knowledge for increasing your understanding of flourishing via social connections and self-compassion.
- guidance for how you could improve self-care.

Dr. Ginger Villareal Armas shares practices, which could help you to:
- reduce unnecessary suffering.
- recover more quickly from difficulties.
- increase daily productivity.

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