

# 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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3:00-4:00PM (Weeks 1-10)</p> <p><b>Keep Calm and Stay Strong</b> CAPS Central Office, Galbraith Hall 190</p>  <p><i>Dr. Ginger Villareal Armas shares cognitive behavioral strategies for effective management of stress and emotions.</i></p>	<p>3:00-4:00PM (Weeks 1-10)</p> <p><b>Mindfulness for Resilience and Stress Management</b> CAPS Central Office, Galbraith Hall 190</p>  <p><i>Dr. Ginger Villareal Armas shares practices, which could help you to:</i></p> <ul style="list-style-type: none"> <li>• reduce unnecessary suffering.</li> <li>• recover more quickly from difficulties.</li> <li>• increase daily productivity.</li> </ul> <p><i>Please wear comfortable clothes for movement.</i></p> <p><i>For an introduction to mindfulness and self-compassion, arrive at 3PM.</i></p> <p><i>Guided practices are from 3:10-4PM.</i></p>	<p>3:00-4:30PM (Weeks 1-10)</p> <p><b>Mindfulness for Daily Living</b> Student Health Services, Murray's Place</p>  <p><i>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.</i></p>	<p>3:00-4:00PM (Weeks 3-8)</p> <p><b>Flourish @ UC San Diego</b> CAPS Central Office, Galbraith Hall 190</p>  <p><i>Learn how you can flourish in this workshop led by Dr. Ronald Ma and a peer educator. They provide:</i></p> <ul style="list-style-type: none"> <li>• an introduction to relaxation and mindfulness.</li> <li>• knowledge for increasing your understanding of flourishing via social connections and self-compassion.</li> <li>• guidance for how you could improve self-care.</li> </ul>	<p>3:00-4:00PM (Weeks 1-10; <i>Except February 17 &amp; March 3</i>)</p> <p><b>Mindfulness for Resilience and Stress Management</b> Student Health Services, Murray's Place</p>  <p><i>Dr. Ginger Villareal Armas shares practices, which could help you to:</i></p> <ul style="list-style-type: none"> <li>• reduce unnecessary suffering.</li> <li>• recover more quickly from difficulties.</li> <li>• increase daily productivity.</li> </ul> <p><i>Please wear comfortable clothes for movement.</i></p> <p><i>For an introduction to mindfulness and self-compassion, arrive at 3PM.</i></p> <p><i>Guided practices are from 3:10-4PM.</i></p>