

# CAPS FALL GROUPS

Grief & Loss  
Support Group  
Mondays  
1:00-2:00 pm  
Theresa & Bettie

Living with  
Anxiety  
Mondays  
1:00-2:00 pm  
Stef & Lindsay

Mindfulness &  
Distress Tolerance  
Mondays  
4:00-5:00pm  
Anne & Mara

Journaling for  
Resilience  
Tuesdays  
4:00-5:00pm  
Pauline & Isadora

Improving  
Self-Esteem with  
Self Care  
Tuesdays  
5:00-6:00 pm  
Sheila & Drew

Family  
Feuds  
Wednesdays  
3:00-4:00 pm  
Jaclyn & Brittany

Neurodivergent  
Support Group  
Wednesdays  
3:00-4:00 pm  
Jessica & Mara

Ourselves and  
Others  
Wednesdays  
3:00-4:00 pm  
Robyn & Alex

Ghost Your  
Social Media  
Thursdays  
11:00am-12:00pm  
Theresa & Vinnie

Positive Measures:  
Coping Skills  
Thursdays  
1:00-2:00 pm  
Alex & Logan

Safe Space  
Thursdays  
3:00-4:00 pm  
Brittany & Becca



For group descriptions,  
scan the QR code or go to  
[caps.wayne.edu/groups/schedule](https://caps.wayne.edu/groups/schedule)

