THERAPY GROUPS FOR CAPS CLIENTS

Understanding Self and Others
Wednesdays 3:30—5 PM OR Fridays 1:30 - 3 PM
Ashley Bradley & Lina Chmiel
Beth Sullivan & Amina Simmons

Shared Experiences: A Women’s Therapy Group
Tuesdays 2—3:30 PM
Abby Bradecich & Rachel Falco

Moving Between Worlds: A Support Group for Asian Pacific American Women
Wednesdays 2:00—3:15 PM
Diane Hayashino

Finding Your Calm: Tools for Coping with Anxiety
Mondays 11 AM—12:15PM
Lauren Jensen

DROP-IN GROUPS FOR CSULB STUDENTS

SisterFriends: Networking Group for Black Women
Thursdays 1—2:30PM
Women’s Gender and Equity Center (WGEC, Student Success Center Rm 240)
Pamela Ashe, Ashley Bradley, & Amina Simmons

Latinas at the Beach: A Space to Connect with Other Latinas
Thursdays 2—3 PM
University Student Union (Rm 306)
Rosa Moreno-Alcaraz

Rainbow Café: An Inclusive Space in Support of Sexual and Gender Diversity
Mondays 3:30 — 5:00 PM
Multicultural Center (F03 Rm 2)
Lauren Jensen

COUNSELING and PSYCHOLOGICAL SERVICES (CAPS)
Brotman Hall-226 • 562.985.4001 • www.csulb.edu/caps
California State University, Long Beach • Division of Student Affairs

If you are interested in attending any of these groups, please contact CAPS at 562.985.4001 for more information.