WHAT CAN I GAIN?
- Develop new skills to improve your everyday living
- Feel more connected and understood
- Receive support and feedback

GROUP GUIDELINES

- CAPS groups and workshops are CONFIDENTIAL. Leaders and members agree not to disclose information about other participants.
- Some workshops are one session or meet for four consecutive weeks, while many groups meet for most of the semester. To get the most out of your experience, it is important to adhere to the agreed-upon length of time and to attend regularly.

PARTICIPANTS
Are encouraged to participate actively in workshops and groups. Active participation is essential to getting the most out of the workshop/group experience. However, for some groups, it’s encouraged to take your own pace in opening up and sharing.

QUESTIONS
about any of these groups? Contact CAPS Group Coordinator Michele Downie at downie@upenn.edu.

RESOURCES

CAPS
(including nights/weekends to reach CAPS counselor on call)
215-898-7021

OFFICE OF THE CHAPLAIN
215-898-8456

HELP LINE
215-898-HELP (4357)

RAP LINE
(Reach A Peer, 9PM - 1AM)
215-573-2RAP (2727)

SPECIAL SERVICES
215-898-6600

STUDENT HEALTH SERVICE
215-746-3535

OFFICE OF THE VICE PROVOST FOR UNIVERSITY LIFE/
STUDENT INTERVENTION SERVICES
215-898-6081

WEINGARTEN LEARNING RESOURCES CENTER
215-573-9235

JULY 2017

COUNSELING AND PSYCHOLOGICAL SERVICES

215-898-7021
(including nights/weekends to reach CAPS counselor on call)

3624 MARKET STREET, FIRST FLOOR WEST
Philadelphia, PA 19104

MON | FRI 9 am - 5 pm
TUES | WED | THURS 9 am - 7 pm
SAT 10 am - 3 pm

www.vpul.upenn.edu/caps
ANXIETY MANAGEMENT
Four-week workshop to learn healthy, sustainable ways of decreasing and managing anxiety, panic, or worry. Techniques include guided relaxation and imagery, mindfulness, self-compassion, and cognitive strategies.

EATING CONCERNS ART THERAPY GROUP
Group is for women struggling with anorexia, bulimia, or binge eating disorder, and in active recovery. This group utilizes an art therapy approach to facilitate the safe exploration of issues and themes related to recovery, such as self-compassion and self-acceptance, relationships, body image, and coping. No artistic ability required.

GENESIS: GENDER EXPLORATION AND SUPPORT IN AN INTERPERSONAL SETTING
GENESIS is a healing and supportive group for undergraduate, graduate, and professional students who want to talk about how gender impacts their identities, relationships, and lives. This group seeks to create a safe space to discuss experiences with gender-based injustice. Trans*, cis*, and students of all gender identities welcome.

GRADUATE WOMEN’S GROUP
Weekly groups for female graduate or professional students focused on self-awareness and connection as women in academia. Discussion can include preserving self-esteem, balancing multiple roles, dealing with sadness and anxiety, and maintaining healthy relationships.

INTERNATIONAL SUPPORT GROUP (MANDARIN)
Weekly Mandarin-speaking group for international students to share experiences, discuss language and cultural barriers, receive support, identify available resources, and develop effective coping skills for adjusting to Penn and life in the United States.

INTERPERSONAL GROWTH GROUPS
Students explore how others see them and their relating style with two therapist leaders in a group where participation and reactions influence the experience. Students often report feeling less isolated, more self-aware, and more connected to others as a result group.

MANAGE YOUR MOODS
Everyone experiences stress, emotional pain, and relationship challenges. In the Manage Your Moods workshops you will learn how to be more mindful, cope with distress, steady your emotions, and be more effective in your relationships.

MINDFULNESS-BASED STRESS REDUCTION (MBSR)
Eight-week course with a one-day practice retreat teaching participants to develop mindfulness and apply it to daily life. Members learn and practice mindful breath awareness, walking, sitting, and movement.

MINDFULNESS MEDITATION DROP-IN GROUP
Come as often as you like to learn meditation, which can help reduce anxiety, improve concentration, and eliminate procrastination.

MINDFULNESS SKILLS
Four-session workshop series providing information about mindfulness and guided meditation practices. Mindfulness can help people gain greater calmness, clarity, coping skills, and insight. Mindfulness can allow people to be more present and thus to live life more fully.

RETURN FROM LEAVE GROUP
Support for full-time undergraduate students returning from leave of absence. Members learn to manage challenges of reintegrating into college life in a safe setting with peers.

RTG: REACHING THE GOAL
Eight-week group to help students address concerns with attention, concentration, and/or motivation, as well as enhance other academic-related skills (e.g., time-management, goal-setting, exam prep, etc.).

SUPPORT AND EMPOWERMENT GROUP(S) FOR SEXUAL ASSAULT SURVIVORS
The current 7-week group is open to female Penn undergraduate, graduate, and professional students who have been victims of sexual assault during their teen and/or adult years. We’re in the process of forming groups for the following: women of color, queer survivors, male survivors. The group(s) provide support, psychoeducation, and collective empowerment. Participants choose weekly topics related to recovery, the reestablishment of safety, healing, coping, and self-care.