



CAPS NEWSLETTER

FALL 2021

SERVICES | NEWS | UPDATES

UH.EDU/CAPS | 713-743-5454

PSYCHOTHERAPY SERVICES

Individual Counseling
Single Session
Couples Counseling
Group Counseling

24/7 Crisis Services
Visit CAPS at Health 2
or
Call to get Connected!
713-743-5454

GROUP
COUNSELING
RECRUITMENT
IS OPEN
CALL CAPS!

Group allows students to try new behaviors & gain feedback about how they're being perceived. Groups close shortly after they begin to ensure safety and confidentiality in the growth space.

Give to CAPS
click [here](#)

WORKSHOPS & TRAININGS

UH.EDU/CAPS/CALENDAR

Monthly
11:00am

Racial Trauma is Real Workshop

Monday 8/30

Thursday 9/30

Tuesday 10/19

Friday 11/19



M/Th
12:00pm

Suicide Prevention Training - QPR

Mondays & Thursdays at noon
Registration required



Sept 9
3-5pm

Latinas REACH Support Group

Weeks of Welcome Drop-In Event

at Women & Gender Resource Center

Sept 15
12pm

Latinas REACH Support Group

Virtual Support Session

RSVP to lmzavala@central.uh.edu



NEWS

WELCOME NEW CAPS CLINICIANS

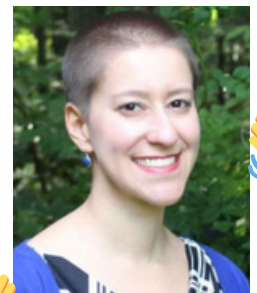
We have new faces in our office. Please help give a warm Coog welcome to our new team members. Reach out and say hello!



Karen Jubert, LPC-S



Emily Schwass, LCSW



Monica Lackups-Fuentes, Ph.D.