



CAPS NEWSLETTER

SPRING 2022

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@uh_caps



@uhcaps



UH.EDU/CAPS | 713-743-5454

PSYCHOTHERAPY SERVICES

Initial Drop-in Visit

We do not take appointments for 1st time clients.

Call or Visit us
10a-4p weekdays

Health 2

DID YOU KNOW?

2/3

OF STUDENTS
WHO VISIT CAPS
SAY DEPRESSION
OR ANXIETY
IS THEIR
MAIN CONCERN?

ESSENTIAL SKILLS
WORKSHOPS
HELP STUDENTS
LEARN COPING
SKILLS TO ADDRESS
THESE CONCERNS

Click a Service to
Learn More

[Essential Skills](#)

[Workshops](#)

[Individual Counseling](#)

[Single Session](#)

[Couples Counseling](#)

[Group Counseling](#)

WORKSHOPS & TRAININGS

UH.EDU/CALENDAR

Racial Trauma is Real C2 Workshop

Learn about the impact of racial trauma; how to cope & support those affected!

1/28

1:00pm

2/15

2:00pm

3/4

11:00am

4/12

11:00am

Request a Presentation from CAPS



Suicide Prevention Training

Help CAPS create
a community of care!

Mondays & Thursdays
12 - 1

Registration required!

LET'S TALK SPRING SCHEDULE

| Mon | Tues | Wed | Thur | Fri |
|---|-----------------------------|--------------------------------------|--|---------------------------------|
| Athletics/ ACE Rm 2106E 12:30- 2:30pm | Wellness Office 3-5pm | Student Center Rm 211 3-5pm | Student Service Center 1 Rm 210D 10a-12p | Library Rm 264D 11a-1p |

Virtual Let's Talk Zoom: 91244361097

Mons 3-4pm & Tues 3-5pm

GRAD STUDENT SUPPORT GROUPS

[Latinas REACH Support Group](#)

[Sista Circle: Black Grads](#)

