



CAPS NEWSLETTER

SPRING SPECIAL EDITION 2022

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UH.EDU/CAPS | 713-743-5454

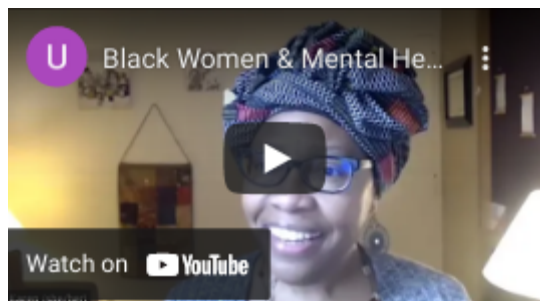
INITIAL DROP-IN VISIT

1st time clients do not need to schedule an appointment.
Call or Visit us
10a-4p weekdays



GET TO KNOW KAREN JUBERT

Featured by the UH Women & Gender Resource Center, Ms. Jubert takes us through her journey and shares the importance of self-care!



Suicide Prevention Training

Mondays & Thursdays, 12 - 1pm
Register today!

Request a Presentation



Give to CAPS

APRIL EVENTS

SAAM

Sexual Assault
Awareness Month

4/4-11:30
Student Center Plaza
RESOURCE FAIR

4/13- 3pm
Student Center Theater
I AM EVIDENCE FILM

4/27- DENIM DAY

4/28- All Day
ONLINE HEALING
GALLERY

Ramadan Mubarak!



Prayer Spaces at UH
Eating Disorder Support Group
Queer Affirming Space

Financial Literacy Month



Financial Stress
Virtual Workshops

4/26- 12pm
4/29- 12pm



College Student Grief Awareness Day
Get your department involved!
April 21, 2022

Bring awareness to our UH community to honor students, faculty, & staff who are grieving a death.

RAINBOW WELLNESS

LGBTQIA+ SUMMER GROUP SIGN UP



A space to promote well-being, receive/offer support, and discuss topics with other students relevant to their identities & experiences

Staci Ouch, CAPS Clinician
Support Space Facilitator