

GROUPS @ CAPS

Spring 2012

Shared Experiences: A Women's Therapy Group

Thursdays 3:30 - 5 PM

Diane Hayashino & Katy Dorsheimer

A supportive place to explore relationships, family and identity issues.

Understanding Self and Others

Tuesdays 3:30 - 5 PM OR Fridays 1:30 - 3 PM

Pamela Ashe & Elisa Hernandez

Rosa Moreno-Alcaraz & Thu Dang

A place for students to share common struggles, improve self-understanding and receive feedback from others.

Grief Support Group

Wednesdays, 3:30 - 5 PM

Abby Bradecich

A support group for students who have experienced the death of a significant person.

Moving Between Worlds: A Support Group for Asian Pacific American Women

Mondays, 1 - 2:30 PM

Diane Hayashino & Thu Dang

A group for women seeking a safe place to share information on academic stress, family and gender role identities, dating, career and personal choices.

QUEST: Discovering My Strengths

Wednesdays 3:30 - 5 PM

Michael Johnston

A topic-focused discussion group that will help you identify your unique set of natural talents.

Finding Focus

Mondays 3:30 - 5 PM

Juan Contreras

This 5-session group can help with concentration problems, time management and other academic difficulties.

**If you are interested in attending any of these groups, please contact CAPS at
562.985.4001 to schedule an initial preview appointment.**

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