WELLNESS WORKSHOPS:
If interested in a Wellness workshop, please just drop in or contact CAPS at 707-664-2153 for more info.

**Stress Busters** - Tuesday, 11/27, 12:00 noon - 1:00 p.m., SCHULZ 1121
Worried? Anxious? Overwhelmed? As the semester comes to an end, stress may be taking a toll on you physically, emotionally and/or academically. Learn some strategies for coping with stress to help you meet your goals more effectively and with less suffering!

**Starting & Ending Relationships** - Thursday, 11/29/12, 12:00 noon - 1:00 p.m., SCHULZ 1121
For students who want to deepen self understanding and build healthy relationships. Learn effective ways to connect and communicate with others and identify what may be preventing you from achieving your relationship goals.

**The Art of Sleeping** - Tuesday, 12/4/12, 12:00 noon - 1:00 p.m., SCHULZ 1121
Play the facts and myths game to learn what science and research has taught us about sleep. Review specific strategies to better fall asleep and sleep more soundly. Create a sleep plan and learn to build a home environment that promotes sleeping well.

WELLNESS SKILLS GROUPS:
Wellness skills groups offer a series of structured groups and registration is required. Please call CAPS at 707-664-2153 for more info.

**Relaxation Oasis** - Wednesdays, 9/26 through 12/12, 3:00 to 4:00 p.m., SCHULZ 1121
This group is designed to provide a space for relaxation and peace of mind. Learn core relaxation exercises from group leaders as they present a variety of exercises each week. Come in weekly or drop in just when some relaxation is needed!

**It’s Time for a Change** - Fridays 10/5 through 12/14, 12:00 to 1:00 p.m., SALAZAR 2034
This discussion group provides a positive, non-judgemental and confidential space for students to discuss reducing their alcohol and/or substance-abuse use. Student who might benefit from the group are: *thinking about change but are not sure how to start, or *have started making changes but feel stuck, or *have made a change and would benefit from the positive support of others. Students can drop in as often as needed.

**Feel Better Faster** - Tuesdays 10/30 - 11/13/12, 4:00 - 5:00 p.m., SCHULZ 1121
This 3-part workshop presents the essentials to addressing stress/anxiety and improving mood. Learn practical tools for self-care and custom design your own wellness plan. Students can attend 1, 2 or all 3 workshops.

ON-GOING SUPPORT GROUPS:
If interested in a support group, please just drop in or contact CAPS at 707-664-2153 for more info.**

**LGBTQQI Discussion Group** - Every Wednesday from 12:00 to 12:50 p.m. in The Hub (formerly Multi-Cultural Center).
**Essence of Ebony, Women of Color Support Group** - Every Thursday 5:00 - 6:00 p.m. in The Hub.
**Hermanas United, Support Group for Latina Students** - Every Thursday 12:00 noon - 1:00 p.m. in The Hub.
**Survivors of Sexual Assault Support Group** - Mondays 4:00 to 5:00pm, starting 10/8/12, Salazar 1018

**Note: Please contact CAPS in advance to join this group. Registration is required.**