



# Counseling and Psychological Services

## Group Schedule | Spring 2021

As with CAPS' overall mission, the CAPS counseling program emphasizes sensitivity to diverse identities, improving relational connections, and emotional well-being. Workshops are open to all GWU students and are free of charge.

To join a workshop, email [counsel@gwu.edu](mailto:counsel@gwu.edu). Workshops re-open at the start of each semester.

**Workshops begin the week of January 25**

\*

	Monday	Tuesday	Wednesday	Thursday	Friday
10:00am					
10:30					
11:00					
11:30					
12:00pm					
12:30					
1:00	Getting Unstuck Workshop	Anxiety Toolbox Workshop		Getting Unstuck Workshop	Anxiety Toolbox Workshop
1:30	1-2pm	1-2pm		1-2pm	1-2pm
2:00					
2:30					
3:00		BRIDGE	Mindfulness Drop-In*	Mindful Self-Compassion	
3:30					
4:00		3-4pm	3-4pm	3-4pm	
4:30					
				Mental Health Discussion Series*	
				4-5pm	

### COUNSELING AND PSYCHOLOGICAL SERVICES

Colonial Health Center  
Marvin Center, Ground Floor  
800 21st Street, NW | Washington, DC 20052

202 - 994 - 5300

[counsel@gwu.edu](mailto:counsel@gwu.edu)

[healthcenter.gwu.edu](http://healthcenter.gwu.edu)



Colonial  
Health Center

THE GEORGE  
WASHINGTON  
UNIVERSITY  
WASHINGTON, DC



## **Workshops**

Students in All Locations Eligible

Our workshops are time limited series with a specific concern who would like to hone a particular skill or technique for healthier living. Attendance is expected for each of the workshop sessions as content builds upon previous session information. One or two CAPS staff clinicians will guide students in these workshops to learn new skills. Workshops are psychoeducational, therefore, are not a substitute for formal counseling and do not constitute mental health treatment.

**To join, students should** email [counsel@gwu.edu](mailto:counsel@gwu.edu).



### **Anxiety Toolbox**

This series is a three-session workshop for the many students who access our services interested in gaining readily accessible skills for managing anxiety. Through the workshop, students gain understanding about anxiety and learn skills to recognize and better address symptoms. Attendance is expected for each of the three workshop sessions as content builds upon previous session information. Students can attend as many of the Anxiety Toolbox series as they find helpful. Tuesdays & Fridays at 1pm



### **Depression: Getting Unstuck**

Getting Unstuck is a three-session workshop designed to help students increase their understanding of depression and provide them with the skills to recognize and manage their depressive symptoms. Each workshop is 1-hour and the information builds on material from previous sections. "Getting Unstuck" is not a substitute for formal counseling and does not constitute mental health treatment.

Mondays & Thursdays @ 1pm



### **BRIDGE (Building Relationship Intimacy and Dialogue Effectiveness)**

BRIDGE focuses on identifying ways to foster healthy relationships via self-monitoring, effective communication, and conflict resolution skills. The three-session workshop is divided into content that builds upon itself. The sessions include modules dedicated to help you: (1) better understand your values and boundaries in relationships, (2) learn the role of culture in communication, different styles of communication, and strategies for effective communication, and (3) identify common causes of conflict and effective conflict management techniques. Tuesdays @ 3pm



### **Mindful Self-Compassion**

This workshop is a great fit for the many students who struggle with persistent self-criticism. Students who participate in this group will learn tools for self-compassion to foster emotional healing and overall resilience, enabling them to achieve personal goals. Attendance is expected weekly for the six-session workshop length and will close to new members when full. Thursdays @ 3pm



## **Drop-In Sessions**

Students in All Locations Eligible

Our drop-in sessions exist to provide students an opportunity to interface with one of our staff members and other students around common mental health and sociocultural concerns that we know GW students face. Registration with CAPS is encouraged however not a requirement.

Obligation for ongoing attendance is not a requirement. Drop-in sessions are a substitute for formal counseling and do not constitute mental health treatment, but the counseling-consultants can listen, provide support, and introduce you to what it's like to speak to a member of our counseling staff.

***\*denotes that this is a drop-in series. No initial consultation or sign up needed!***



### **Mental Health Discussion Series\***

These sessions address common emotional wellbeing concerns of GW students, such as managing stress, academic concerns, and relationships. Attend one, some, or all of the sessions on a walk-in basis. See Mental Health Discussion Series schedule for more information on weekly topics. Wednesdays at 4pm



### **Mindfulness Drop-In\***

This group is a great fit for students who want to learn skills to reduce their anxiety and increase their capacity for acceptance via mindfulness and breathing techniques. Each group session will focus on a specific skill to better manage anxiety/stress. Students will learn the basics of mindfulness and various mindfulness techniques. Students do not need to register and are welcome to attend one, some, or all sessions. Wednesdays at 3pm



### **We Talk\***

We Talk is a by-request program that provides supportive consultation spaces for GW students. We Talk is an informal, friendly consultation with counseling staff alongside peers with similar backgrounds/interests. While we have daily topics to try to establish a space for students with similar experiences, all students are welcome to join any We Talk session. Please contact [counsel@gwu.edu](mailto:counsel@gwu.edu) to make a request.