



COUNSELING AND PSYCHOLOGICAL SERVICES

**Ongoing Groups at CAPS  
Fall 2011**

Counseling and Psychological Services @ The Well  
Call (916) 278-6416 if interested

<p><b>Veterans' Couples Group: Readjusting &amp; Reengaging.</b></p> <p><b>Starts Thursdays 9/29 6 – 7:30 @ CAPS</b></p> <p><b>Co-led by Mick J Rogers, LCSW &amp; Chrystal C Barranti, PhD</b></p>	<p><b>Transition to College.</b></p> <p><b>Thursdays 9/29 2 – 3:00 @ CAPS</b></p> <p><b>Led by Laili McGrew, LCSW</b></p>
<p><b>Survivors of Suicide.</b></p> <p><b>Starts Tuesday 9/27 6 – 7:30 @ CAPS</b></p> <p><b>Co-led by Mick J Rogers, LCSW &amp; Kayleigh Lembke, MSW II Student</b></p>	<p><b>International Students' Support Group.</b></p> <p><b>Thursdays 9/29 – 12/8 10:30 – 11:45 @ CAPS</b></p> <p><b>Led by Mei-Fang Lan, Ph.D.</b></p>
<p><b>Validate &amp; Honor Rather than Judge &amp; React*</b></p> <p><i>*You must have completed Lifting Your Mood &amp; Changing Your Thoughts group or attending currently.</i></p> <p><b>Wednesdays: Dates TBD 2:00-3:30</b></p> <p><b>Led by Rene' Reis, MFT</b></p>	<p><b>Students join ongoing groups at different times.</b></p> <p><b>If you have questions about one of these groups please contact the group's leader to find out more about the group. We are not set up for 'drop in' groups please call in advance to ensure that the group will meet your needs and that there is room.</b></p>



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### CAPS Ongoing Group Descriptions

- **Transition to College.**

College is an exciting time in life! There are many adjustments that can make students feel isolated or overwhelmed. Come meet other students and discuss strategies for meeting new people, adjusting to living alone or with roommates, being more organized, getting involved, managing stress and living a balanced life. For Information please contact Laili McGrew, LCSW by email at [mcgrewl@csus.edu](mailto:mcgrewl@csus.edu) or by phone at 278-3602.

- **Validate & Honor Rather than Judge & React\***

*\*You must have completed *Lifting Your Mood & Changing Your Thoughts* group or attending currently.* This is a support group focusing on validating, allowing and exploring your thoughts and emotions in response to daily situations. Group members will provide support to one another in practicing CBT tools as well as linking hot thoughts to schemas.

For Information please call Rene' Reis, MFT after September 16<sup>th</sup>, at 278-6036.

- **International Students' Support Group.**

This group provides international students with a safe, supportive environment to address unique adjustment issues, such as cultural concerns, loneliness, stress, educational system, finding resources, communication issues, and career choices after graduation. If you are interested in more information about this group, or would like to register, please contact Mei-Fang Lan, Ph.D. through email at [lanm@csus.edu](mailto:lanm@csus.edu)

- **Survivors of Suicide.**

This ongoing support group is for family members and friends of loved ones who ended their lives through suicide. The group encourages members to grieve and adapt through psycho-education, support and engaging activities. If interested please contact Mick Rogers, LCSW through email at [rogersm@csus.edu](mailto:rogersm@csus.edu) or call 278-6809

- **Veterans' Couples Group: Readjusting & Reengaging.**

This drop in couples group will create a safe space where couples can support one another on readjusting & reengaging. Participants will examine how to nurture their romantic relationships by discussing changes in roles, stressors and by emphasizing strengths. Couples will use art to facilitate personal growth and self knowledge. The group process will be fun, encouraging and playful. If interested please contact Mick Rogers, LCSW through email at [rogersm@csus.edu](mailto:rogersm@csus.edu) or call 278-6809