



COUNSELING AND PSYCHOLOGICAL SERVICES

Group Counseling at CAPS
Fall 2011

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

**Healthy Relationships Group:
For Women Who are Tired of Settling.**

**Mondays 9/26 – 11/14/11
2:30 – 4:00 @ CAPS**

**Co-led by Mick J Rogers, LCSW &
Nathan Stuckey, MSW II Student**

**Group Counseling is a confidential
service provided through your student
fees and at no further cost to you.**

**To enroll in any of these groups
Call (916) 278-6416
by Friday, September 23rd.**

**Sailing Through Storms: Enhancing
Mindfulness and Distress Tolerance
Skills.**

**Mondays 9/26 – 12/5
11:00-12:30 @ CAPS**

Led by Mei-Fang Lan, Ph.D.

Recovering from Trauma.

**Wednesdays 9/28 – 12/7
4:00-5:30 @ CAPS**

Led by Mei-Fang Lan, Ph.D.

Nurturing Yourself.

**Tuesdays 9/27 – 11/16
4 – 5:00**

Led by Laili McGrew, LCSW

First In The Family.

**Wednesdays 9/28 – 12/7
11 – 12:30 @ CAPS**

Led by Gloria Petruzzelli, Psy.D

**If you have questions about one of these groups
please contact each individual counselor for
more information 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.**

**Lifting Your Mood & Changing Your
Thoughts.**

**Mondays 10/3 – 12/12
4:30 – 6:00 @ CAPS
Led by Rene Reis, MFT**



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CAPS Group Descriptions

- **Healthy Relationships Group: For Women Who are Tired of Settling.**

Participants will create a playful, creative environment where they can look at past and current romantic relationships with humor, grit and some laughter. Sisterhood and empowerment will be strongly encouraged. If interested please contact Mick Rogers, LCSW through email at rogersm@csus.edu or call 278-6809

- **Sailing Through Storms: Enhancing Mindfulness and Distress Tolerance Skills.**

Participants learn and practice mindfulness and distress tolerance skills in a safe, supportive environment to enhance their ability to get through difficult times. 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

- **Nurturing Yourself.**

We all have stress in our lives. Come join other students in learning to identify your stressors, how they impact your life and positive ways to take care of yourself during stressful times. This group will be limited to 8 students. If you are interested in more information about this group, or would like to register, please contact Laili McGrew, LCSW through email at mcgrewl@csus.edu or call 278-3602

- **Recovering from Trauma.**

This group aims at helping people who have experienced past and current traumatic events recognize and deal with the impacts of traumatic experience on the various aspects of one's life in a safe, supportive environment. 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

- **First In The Family.**

This group is organized specifically to address issues pertaining to first-generation (first gens) college students and to aid in the support and empowerment as you transition into your Sac State college experience. This group will be facilitated by Counseling Services psychologist, Gloria Petruzzelli, Psy.D for further information and/or to get on the participation list please contact her at 287-5414.

- **Lifting Your Mood & Changing Your Thoughts.**

Group members will learn how to apply Cognitive Behavioral Theory concepts so your thoughts can increase your positive and hopeful outlook, to create less stress and more contentment in your day to day activities. For Information please call Rene' Reis MFT, after September 16th, at 278-6036.