

WINTER GROUP SESSIONS

PLEASE
CONTACT
CAPS BY
JANUARY 13
FOR THIS
QUARTER'S
GROUP
SESSIONS!

Times &
Dates TBD

DEEPER CONNECTIONS

with a focus on enriching interpersonal relationships
- Michael Maguire, Psy.D.

ACT

focusing on stress and anxiety - Jay Robertson-Howell, Psy.D.

A GROUP FOR EVERY BODY

focusing on body image and eating concerns - Feliza Guidero, Psy.D.

FLOW

for women recovering from disordered eating
- Feliza Guidero, Psy.D.

NOT ALONE

focusing on depression - Michael Maguire, Psy.D.

MAN TALK

focusing on men and masculinity - Jay Robertson-Howell, Psy.D.

For complete group session descriptions and more
information about the services offered by CAPS visit

SEATTLEU.EDU/CAPS



CAPS (Counseling and Psychological Services)
206.296.6090 : PAVL 120

Accommodations: If you require accommodations or if there are ways our services can be made accessible to you, please let us know!