CAPS is excited to announce several online drop-in offerings for the rest of the semester to help you address current challenges and take care of yourself. Students are encouraged to drop-in once or attend on a weekly basis. Connect with our staff and other students for discussions and skill-building in one of our five offerings:

**Self-Care and Stress Management Drop-in Workshop**
Mondays at 9 am Central  
or Thursdays at 3 pm Central  
Starting April 13th and April 16th

This workshop offers an opportunity for all students to discuss self-care and general well-being in the midst of a pandemic. There will be space for discussion, learning and implementing new skills. Two separate times are available to accommodate your class schedules.

**Recovery Support Group**
Tuesdays at 3 pm Central  
Starting April 7th

Because community and connection are the antidote to addiction, this offering is to support students in any type of recovery at this time - eating disorder, substance use, OCD - this group is for you. If you need some listening hearts or tips and tricks for maintaining your sanity and recovery while physical distancing, please join us for this weekly online support group.

**Mindfulness Drop-in Workshop**
Tuesdays at 3 pm Central  
Starting April 14th

This workshop is designed for students to begin to develop a mindfulness practice as a way to manage stress and anxiety. Students will learn skills to calm and focus the mind. No experience is necessary.

**UWC Weekly Podcast Club!**
Wednesdays at 3 pm Central  
Next meeting: April 15th

We miss getting to see everyone's faces, so we decided to start a Podcast Club! It's like a book club, but with podcasts. Each week we will listen to a new podcast episode and meet via Zoom on Wednesdays at 3:00 pm (central time) for an online discussion. We hope this will provide an opportunity to stay connected and have meaningful conversations.
Students will be receiving sign-up links via email. Contact caps@sewanee.edu if you need access to sign-up.