



COUNSELING AND  
PSYCHOLOGICAL SERVICES  
TEXAS WOMAN'S UNIVERSITY

# Counseling & Psychological Services Group Offerings Spring 2019

## **Mindful Mondays**

Mondays 4:00 - 4:30 p.m.  
Located @ Fit & Rec,

## **Healing from Family Pain**

Wednesdays 2:30 - 3:45 p.m.  
Located @ CAPS

## **Understanding Self & Others**

Mondays 2:30 - 4:00 p.m.  
Located @ CAPS

## **Body Positivity**

Wednesday 5:00 - 6:00 p.m.  
Located @ CAPS

## **Coping with Anxiety**

Mondays 3:30 - 4:30 p.m.  
Located @ CAPS

## **LGBTQIA Group**

Wednesdays 4:00 - 5:30 p.m.  
Located @ CAPS

## **Coping with Depression**

Tuesdays 1:00 - 2:00 p.m.  
Located @ CAPS

## **Relationship Respect: Healthy Relationships**

Thursdays 12:30 - 1:30 p.m.  
Located @ CAPS

## **Coping with Anxiety**

Tuesdays 3:00 - 4:00 p.m.  
Located @ CAPS

## **Grief & Loss**

Thursdays 2:30 - 3:30 p.m.  
Located @ CAPS

## **#MeToo: Healing Together**

Tuesdays 4:00 - 5:30 p.m.  
Located @ CAPS

## **Women's Empowerment Group**

Thursdays 2:30 - 4:00 p.m.  
Located @ CAPS

All groups located at CAPS are  
in West Jones Hall.

For more information, contact  
Dr. Enny Torres Yanez, (940) 898-3801,  
etorresyanez@twu.edu

For more information about each group, please go to  
[twu.edu/counseling/services-for-students/group-therapy/](http://twu.edu/counseling/services-for-students/group-therapy/)

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