



***Stress Management Module***

**Tuesdays 1:30-3pm,**

**Dates: Dec. 2nd & 9th**

**Leaders: Kristen Masters, M.S. & Traci Lowenthal, Psy.D.**

Are school, finals, and just life stressing you out? Join us for a two session workshop on how to recognize stress and the healthy ways to deal with it. Please call Kristen Masters at 909.607-4462 for more information and/or sign-up.

## **MCAPS Group and Workshop FAQ's**

***Where are the group/workshop meetings held?***

Meetings are held at MCAPS, located in the Robert Tranquada Student Services Bldg., at 757 College Way, just south of Huntley bookstore.

***Are groups confidential?***

Yes. Who you are and what you share in a group or series is confidential.

***How do I get more information about a group/workshop?***

Call MCAPS at 621-8202 and ask to speak with the group leader. We are happy to answer your questions and help you decide if group participation is right for you.

***How do I sign up for a group or workshop?***

Call the group leader. Group/series size is limited, so we recommend that you call early to reserve your place. Some groups/modules require a pre-group individual meeting with the group leaders to discuss your needs and goals.

***Do I have to attend all of the sessions of a group/workshop?***

Students are asked to attend each group meeting so that everyone gets the most out of the experience.

***What do the groups/workshops cost?***

Nothing. Your student fees have already covered the costs of your participation in groups and modules.