

GROUPS & WORKSHOP SERIES

COUNSELING AND PSYCHOLOGICAL SERVICES

215-898-7021

(including nights/weekends to reach CAPS counselor on call)

3624 MARKET STREET, FIRST FLOOR WEST
Philadelphia, PA 19104

MON | FRI 9 am - 5 pm
TUES | WED | THURS 9 am - 7 pm
SAT 10 am - 3 pm

www.vpul.upenn.edu/caps



WHAT CAN I GAIN?

- Develop new skills to improve your everyday living
- Feel more connected and understood
- Receive support and feedback

GROUP GUIDELINES

- CAPS groups and workshops are CONFIDENTIAL. Leaders and members agree not to disclose information about other participants.
- Some workshops are one session or meet for four consecutive weeks, while many groups meet for most of the semester. To get the most out of your experience, it is important to adhere to the agreed-upon length of time and to attend regularly.

PARTICIPANTS Are encouraged to participate actively in workshops and groups. Active participation is essential to getting the most out of the workshop/group experience. However, for some groups, it's encouraged to take your own pace in opening up and sharing.

QUESTIONS about any of these groups? Contact CAPS Group Coordinator Michele Downie at downie@upenn.edu.

Penn RESOURCES

CAPS

(including nights/weekends to reach CAPS counselor on call)

215-898-7021

OFFICE OF THE CHAPLAIN

215-898-8456

HELP LINE

215-898-HELP (4357)

RAP LINE

(Reach A Peer, 9PM - 1AM)

215-573-2RAP (2727)

SPECIAL SERVICES

215-898-6600

STUDENT HEALTH SERVICE

215-746-3535

OFFICE OF THE VICE PROVOST FOR UNIVERSITY LIFE/ STUDENT INTERVENTION SERVICES

215-898-6081

WEINGARTEN LEARNING RESOURCES CENTER

215-573-9235

July 2017



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