



CAPS NEWSLETTER

FALL 2021

SERVICES | NEWS | UPDATES

UH.EDU/CAPS | 713-743-5454

PSYCHOTHERAPY SERVICES

Individual Counseling
Single Session
Couples Counseling
Group Counseling

24/7 Crisis Services
Visit CAPS at Health 2
or
Call to get Connected!
713-743-5454



Group allows students to try new behaviors & gain feedback about how they're being perceived. Groups close shortly after they begin to ensure safety and confidentiality in the growth space.

WORKSHOPS & TRAININGS

UH.EDU/CAPS/CALENDAR



Monthly
11:00am

Racial Trauma is Real Workshop

Monday 8/30 Tuesday 10/19
Thursday 9/30 Friday 11/19



M/Th
12:00pm

Suicide Prevention Training - QPR

Mondays & Thursdays at noon
Registration required



Sept 2
3-5pm

Latinas REACH Support Group

Weeks of Welcome Drop-In Event
at Women & Gender Resource Center



Sept 15
12pm

Latinas REACH Support Group

Virtual Support Session
RSVP to lmzavala@central.uh.edu



NEWS

WELCOME NEW CAPS CLINICIANS

We have new faces in our office. Please help give a warm *Coog* welcome to our new team members. Reach out and say hello!



Karen Jubert, LPC-S



Emily Schwass, LCSW



Monica Lackups-Fuentes, Ph.D.

Give to CAPS

click here



CAPS NEWSLETTER

SUMMER 2021

SERVICES | NEWS | UPDATES

UH.EDU/CAPS | 713-743-5454

SUMMER PSYCHOTHERAPY SERVICES

Call to get Connected!
713-743-5454



24/7 Crisis Services
Individual Counseling
Single Session
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Group Counseling

[CLICK HERE](#)
to request a
MENTAL HEALTH PRESENTATION
FROM CAPS
THIS SUMMER

Give to CAPS
[click here](#)

Did you know CAPS offers
COUPLES COUNSELING?

LET'S TALK VIRTUAL SUMMER SCHEDULE

Zoom: 91244361097
uh.edu/caps/outreach/lets-talk



MEET LET'S TALK COORDINATOR JANET CLEMENSON



She joined CAPS team in Aug 2014 & has grown the Let's Talk consultation program by collaborating with UH Campus Rec Art Walks. She loves our diverse student population & is a strong ally for LGBTQ & DACA students.

NEWS

**CAPS CLINICIAN
LAURA ZAVALA-MEMBRENO
AWARDED AT 9TH ANNUAL SHRLIES**

Hall Council Program of the Year
Stress Management and Mental Health

(University Lofts)





CAPS NEWSLETTER

MENTAL HEALTH AWARENESS MONTH

#MHAM

MAY 2021

UH.EDU/CAPS | 713-743-5454

CAPS SERVICES

Get Connected to
Psychotherapy

Call US!

713-743-5454

Individual Counseling
Single Session
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Give to CAPS
click here



SIGNATURE EVENTS

UH.EDU/CAPS/CALENDAR



Shine a Light on Mental Health Fair

College of Pharmacy

FUN ACTIVITIES & PRIZES

Zumba, mindfulness meditation, guided stretching exercises for stress relief, educational seminars, & more!



What is Trauma Anyway?

María Vázquez- CAPS



Keeping the Chaos Together

Documentary Screening
& Panel Discussion



[Sign-up for Suicide Prevention Training Here](#)

NEWS

CAPS CLINICIANS PRESENT AT NPR REGIONAL CONFERENCE!

Texas Public Media

STAFF SUMMIT

MENTAL HEALTH & STRESS AWARENESS

Clinical Psychologist **Norma Ngo** and members of her team identify ways to stay mindful of stress and aware of your own mental health.

Norma Ngo, Psy.D.

Rune Mølbak, Ph.D.

Cecilia Sun, Ph.D.





CAPS NEWSLETTER

SPRING 2021
SERVICES | UPDATES | EVENTS

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CAPS SERVICES

To Get Connected

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Individual Counseling

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Group Counseling***

Essential Skills Workshops



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SUICIDE PREVENTION QPR SIGN UP

UH.EDU/CAPS/OUTREACH/QPR-SUICIDE-PREVENTION/

MARCH EVENTS

UH.EDU/CAPS/CALENDAR

**TUES & FRI
12-1 PM
SUICIDE PREVENTION TRAINING**

**12 PM 3/23
LATINAS REACH GRAD STUDENT GROUP**

**10AM 3/26
RACIAL TRAUMA IS REAL WORKSHOP**

LET'S TALK SCHEDULE

uh.edu/caps/outreach/lets-talk Zoom: 91244361097

Day	Times	
Mondays	11am-12pm	3pm-4pm
Tuesdays	10am-11am	3pm-4pm
Wednesdays		3pm-4pm
Thursdays		3pm-4pm
Fridays	10am-11am	3pm-4pm

COOGLIFE INTERVIEWS CAPS DIRECTOR

www.instagram.com/cooglifemag/

Q&A WITH A SEX THERAPIST



Photo courtesy of Dr. Norma Ngo

Dr. Norma Ngo, a licensed clinical psychologist and an AAECT certified sex therapist, shares her answers to important questions in the effort to destigmatize sex talk.

How/why should we talk to our sexual partners about consent?
Similar to the rules of the road, we should talk to our sexual partners about consent to communicate a mutual agreement to keep each other safe between the sheets. The process of consent can be described as a mutual, shared responsibility where individuals are willing and voluntarily determining if they want to participate in any kind of sexual interaction with another person(s). Consent is mutually given or affirmed when the answer for all involved has been a clear and enthusiastic yes, without fear or coercion. Consenting is a continuous and active process. Saying yes to one thing, does not mean yes to everything. We have the freedom to change our minds at any point without guilt or fear of retraction. We also have to respectfully accept that our partner can change their mind, which is why it is important to have open and continuous communication between sexual partners. A key factor in a healthy and satisfying sex life is that each partner does not feel pressure to engage in any kind of sexual activity. In fact, an intimate relationship with low (low) pressure and (high) pleasure, which is critical to a potential positive sexual experience. Talking about consent with our sexual partners involves communicating freedom for them to have their

CAPS PARTNERS WITH CAMPUS REC COLOR FIELD ART WALK

uh.edu/recreation/fitness/art-walks/



Art is a Stress-Buster

Public Art University of Houston System University of Houston