



# CAPS NEWSLETTER

FALL 2021 SUGAR LAND

@uh\_caps @uhcaps



UH.EDU/CAPS | 713-743-5454

## PSYCHOTHERAPY SERVICES

Individual Counseling  
Single Session  
Couples Counseling  
Group Counseling  
Essential Skills

### Workshops

Call to get Connected!  
713-743-5454

**DID YOU KNOW?**  
2/3  
OF STUDENTS WHO  
VISIT CAPS SAY  
DEPRESSION OR  
ANXIETY IS THEIR  
MAIN CONCERN?

LEARN ABOUT OUR  
ESSENTIAL SKILLS  
WORKSHOPS  
THAT HELP STUDENTS  
LEARN THE LATEST  
COPING SKILLS NEED TO  
ADDRESS THEIR  
CONCERNS

## CAPS SUGAR LAND OFFICE

ALBERT & MAMIE GEORGE (AMG) 119

**Mon-Tues**  
**10a - 1p**

In-Person Visits  
are available with  
contract clinician  
Sarah Northrup



**Tele-health Station Hours**  
**Mon-Tues 2p-4p**  
**Wed-Fri 10a-4p**

**NEED PRIVACY FOR  
CAPS COUNSELING?  
VISIT THE  
TELE-HEALTH STATION**

## SUGAR LAND LIAISONS



**Dr. Marti Trummer-Cabrera**  
Liaison to  
UH Sugar Land  
& College of  
Nursing



**Karen Jubert**  
Liaison to  
College of  
Technology



**Dr. Cecilia Sun**  
Liaison to  
College of  
Education

**9/30**  
**11:00am**

**Racial Trauma is Real**  
**C2 Workshop**  
Learn about the impact  
of racial trauma; how to  
cope & support those  
affected!

**M/Th**  
**12:00pm**

**Suicide Prevention**  
**Virtual Training -QPR**  
Mondays & Thursdays  
12 - 1  
Registration required!

**Request a Presentation  
from CAPS**