

BENNINGTON COLLEGE

Counseling and Psychological Services (CAPS)

CAPS@bennington.edu

Health and Wellness Workshops and Group Spaces - Fall 2022

MINDFULNESS MEDITATION - Group practice for staff, students, and faculty
Wednesdays, 9:00-9:30 AM; Virtual: ZOOM Meeting ID: 99079887458, PW: 340246

SEXUAL TRAUMA SURVIVORS SUPPORT GROUP - with Ali Tartaglia
Tuesdays, 7:00 PM; Barn North Waiting Area

KORU MEDITATION - with Li-Chen Chin for staff, students, and faculty
Two - 4 class series; pre-registration suggested, email lichenchin@bennington.edu
In person: Thursday, October 6, 13, 20 & 27, 12:30 - 2:00 PM; Location TBA
Virtual: Tuesdays, November 1, 8, 15, & 22; 4:00 - 5:30 PM
<https://bennington.zoom.us/j/9963171446>

FOOD AND BODY IMAGE - with Lisa Carton and Penny Owen
Mondays, 4:00 PM; Virtual: [HTTPS://US02WEB.ZOOM.US/J/8023795456](https://us02web.zoom.us/j/8023795456)

DBT SKILLS SERIES - with Kat Daley
Sundays, September 25 (Mindfulness), October 2 (Emotional Regulation), October 9 (Distress Tolerance), October 16 (Interpersonal Effectiveness), 2:00 - 3:00 PM;
Student Health Center Waiting Room

I ♥YOU (I THINK...) - A GROUP FOR FORMING & SUSTAINING RELATIONSHIPS THAT FEEL GOOD - with Samia Abbass
Wednesdays, Sep 28 - Nov 2 (6 meetings), 7:00 - 8:00 PM; Location TBD (In person)
This group will be closed and have a pre-registration period. There might be a second session if there's enough interest. Email Samiaabbass@bennington.edu with any questions or to sign up!

ALL RECOVERY MEETING - with Ralph Bennett from Turning Point
Tuesdays, 7:00 - 8:00 p.m. starting 9/27; Commons, room 201