



FALL VIRTUAL OPEN HOUSE ITINERARY

Thursday October 29th, 2020 10a-2p

MAIN SESSION: 10AM COFFEE W/CAPS



Break out workshops- 10am-11am

1. Expressive Art; Raffle for Prizes!

OR

2. How to Help a Friend in Need; Raffle for Prizes!

Q&A WITH CAPS

Break out workshops- 11am-12pm

1. Self-care During Covid-19/ Coping with Remote Learning; Raffle for Prizes!

OR

2. Enhancing Concentration and Motivation for Remote Learning; Raffle for Prizes!

ACTIVE MINDS GUEST HOST



Lunch Time- Main Activity- 12pm-1pm

Come join us for lunch and a game with chances for Prizes! Active minds will host a fun Game!!

MAIN SESSION: GET TO KNOW YOUR CAPS TEAM

Break out workshops: 1pm-2pm

1. Road to Becoming a Therapist/ Psychologist; Raffle for Prizes!

OR

2. Mindfulness; Raffle for Prizes!

ZOOM MEETING

ID: 931 3900 6156

PW:632560