CAPS for Counseling Services will be offering special workshops during finals week:

**De-stress During Finals:**
Join Registered Yoga Teacher and CAPS Therapist, Jennifer Keyte, LMSW, for meditation and yoga every day at 3:45 p.m. (CST) May 4-8 via Zoom.

**Well-Being Wednesday with CAPS, Episode 6: Think Outside the Box:**
**Taking Creative Breaks**
Got finals stress? Got pandemic stress? Join us live May 6 at 11:30 a.m. (CST) to explore creative ways to take breaks that will reset your mind and restore your energy. Check out Campus Health Facebook and Instagram for the Zoom info.

CAPS emergency walk-in services are also available on the Uptown Campus, weekdays from 12 to 4 pm. The CAPS Care Coordinator can assist any student in connecting with mental health care providers in the community. If you have questions or wish to speak to someone at CAPS, call (504) 314-2277. Up-to-date information about CAPS resources can be found on the website. The Line is open for support 24/7: call or text (504) 264-6074.