



LET'S TALK WITH CAPS

A Safe Space for International Students to Share, Connect & Recharge

Let's Talk: Office Hours

- • • **Private Walk-In Support (1:1 or in group, based on preference)**

! No appointment needed – just drop in!

📅 Every Tuesday and Thursday at 2:00 PM

📍 CAPS Office, Student Services Building (SSB #8), Room 226
(Above Breezeway, across from SHS)

Whether you're feeling overwhelmed, homesick, or just need someone to talk to – we're here for you.



Let's Talk: Connect & Reflect

Group Space with Conversation & Activities

- Enjoy free snacks
- Meet other international students
- Engage in fun, stress-relieving activities
- Take-home wellness tips
- Stay updated with ISS news

Wednesday,
August 27

Wednesday,
September 24

Wednesday,
October 29

Wednesday,
November 19

🕒 2:00 PM - 3:30 PM

📍 CGE Classroom 101

💙 You are not alone. Let's talk. Let's connect.

Presented in collaboration with CAPS (Counseling & Psychological Services)
and International Student Services