Asian International Students Support Forum

This drop-in forum is designed as a safe place for Asian International students to come together to share their experiences and gain support from each other.

**Spring Quarter 2017**

**Wednesdays (Weeks 3, 6, 9)**

**Time:** 3:30 - 5:00pm

**Location:** ISPO’s Large Conference Room

Please join us in these topics:

- **4/19 (Week 3):** Work-Life Balance
- **5/10 (Week 6):** Post-Graduation Plans
- **5/31 (Week 9):** Mindfulness & Relaxation

*For more information, please contact:*

Dianna Quach, Ph.D.
(858) 534-7710
caps.ucsd.edu/groups

This meeting is not professional counseling. If you would like professional counseling or mental health treatment please call the CAPS central office at 858 534 3755 to arrange an appointment.