



Counseling and Psychological Services (CAPS)  
and  
The black resource center (BRC)  
present the:

# Campus Black Forum

Dates & Locations Subject to Change. Please contact [brc@ucsd.edu](mailto:brc@ucsd.edu)

## **Mindful Approaches to Chilling Out**

Monday, 10/20 at 6:30 pm  
CCC, Comunidad

Increase knowledge about physical/emotional signs of stress and practice basic techniques mindfulness and stress reduction.

## **Black Love**

Monday, 2/9 at 6:30 pm  
CCC, Comunidad

Join us for a lively discussion about romantic relationships.

## **Get Your Mind Right with Positive Thinking**

Wednesday, 10/29 at 12:00 pm  
Black Resource Center

Learn to recognize thoughts that keep us stressed and develop techniques to increase positive thinking.

## **How to Talk to People Who are Getting on Your Last Nerve**

Monday, 4/13 at 6:30 pm  
CCC, Comunidad

Discuss challenges of communicating during conflicts and practice techniques for managing difficult conversations.

## **How Come Other Black Folks Don't Say "Hi?" Exploring Racial Identity**

Wednesday, 1/28 at 12:00 pm  
Black Resource Center

Critical discussion on racial identity, diversity of culture around the African Diaspora, and exploring what it means to be "Black".

## **The Truth about Black Men and Depression**

Wednesday, 5/6 at 12:00 pm  
Black Resource Center

Presentation will focus on how cultural factors influence the development and subjective experience of depression for Black/African American men, treatment for depression, and mental health stigma within the Black/African American community.

For more information, contact: Dr. Doriane Besson 858-534-3875 or [dbesson@ucsd.edu](mailto:dbesson@ucsd.edu) 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.