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.

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 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”.

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

Join us for a lively discussion about romantic relationships.

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.

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 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.