Open Forums for Students
Counseling and Psychological Services

These CAPS Forums are offered weekly through the quarter. Students can drop-in at any time for discussion and building community connections.

Asian American Community Forum
Time: Tuesdays, 12-1:30pm | Location: Conference Room at the Cross Cultural Center
Description: This informal drop-in group is designed to talk about topics relevant to Asian, Pacific Islander, Middle Eastern, Desi American (APIMEDA) students at UCSD in a supportive and problem-solving atmosphere. UCSD students, staff and faculty are welcome to attend all or any part of the forum. Issues such as career and academic success, family pressures, cultural identity, and relationships are common topics.
Contact: Dr. Dianna Quach, Ph.D.  (858) 534-7710 & Dr. Leah Heng Tappero, Ph.D. (858) 534-5905

Asian Women’s Forum
Time: Mondays, 2-3:30pm | Location: Muir Half Dome Lounge
Description: This forum is for students who self-identify as Asian. The forum is a supportive and community building space to have informal conversations about experiences as Asian women. Members determine the topics which can include: academic stress, family and gender roles and challenges, cultural identity, relationships, career directions, social justice concerns, and mental health and well-being. If you are attending the forum for the first time, please contact Dr. Tappero so she can provide you with more information.
Contact: Dr. Leah Heng Tappero, Ph.D. (858) 534-5905

Black Women’s Collective
Time: Even weeks, Thursdays, 5-6:30pm (Weeks 2-10) | Location: Women’s Center
Description: Join us for an informal conversation about our experiences as Black women and connect with other Black women on campus.
Contact: Doriane Besson, Ph.D.  (858) 534-0252

Campus Black Forum
Time: Mondays, 12-1:30pm | Location: Black Resource Center
Description: Campus Black Forum provides a space for weekly discussions related to events, experiences, and areas of interests that impact the Black Community at UCSD.
Contact: Doriane Besson, Ph.D.  (858) 534-0252

Gay Men’s Relationship Forum
Time: Mondays, 2:30-4 pm (Weeks 2-10) | Location: Women’s Center Small Group Room
Description: Join us for conversations about our experiences as gay men, and connect with other gay men on campus. This group addresses relationships, sexual health, community building and more.
Contact: Dr. Gregory Koch, Psy.D.  (858) 534-3585 or gkoch@ucsd.edu

Graduate Students of Color Forum
Time: TBD | Location: TBD
Description: This drop-in forum covers topics from a multicultural lens including managing stress, communication with your advisor(s), family responsibilities, dealing with imposter syndrome, current sociopolitical climate, experiences of discrimination and much more.
Contact: Dr. Cat Thompson, Ph.D. (858) 534-3987 or cathompson@ucsd.edu

These meetings are 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.
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Outside the Box Forum
Time: Thursdays, 3:30-5pm | Location: Cross Cultural Center, Tranquility Room
Description: This informal group is a safe space for students, faculty, and staff of mixed/multiracial/multiethnic and other non-dominant identities to share their experiences and discuss issues in an open and supportive, community atmosphere. This forum is co-sponsored by the Cross Cultural Center. Please contact Dr. Thompson if you plan to attend.
Contact: Dr. Cat Thompson, Ph.D. (858) 534-3987 or cathompson@ucsd.edu

Sport Support: Student Athletes Coming Together
Time: TBA | Location: TBA
Description: Join us for an informal, private conversation about your unique experiences as Triton student-athletes and connect with other student-athletes inside and outside your team. Connect with others who share the goals and challenges of being a collegiate student athlete in this university community.
Contact: Dr. Rhonda Hackshaw, Ph.D. (858) 534-5981 or rhackshaw@ucsd.edu

Who’s First? First Generation College Student Forum
Time: Thursdays, 12-1:30pm | Location: Student Services Center, 5th Floor #555
Description: The "Who's First?" Forum provides participants with a supportive, private environment to discuss their experiences as first-generation college students. A former first-gen college student himself, Dr. Roberto Luna, facilitates
Contact: Dr. Roberto Luna, Psy.D. (858) 534-0255

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