



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: Wednesdays Weeks 2-6 and 8-9, 12:00-1:00 pm | Location: SPACES (located on the 2nd floor of Price Center West with main entrance next to Shogun)

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. 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 International Students Support Forum

Time: Wednesdays 3-4:30 pm | Location: Pepper Canyon Hall 223

Description: This informal drop-in group is designed as a safe place for Asian International students to come together to share their experiences, practice speaking English, and receive support and feedback from group members around topics related to adjustment issues, career and academic success, family pressures, and relationship concerns.

Contact: Dr. Dianna Quach, Ph.D. (858) 534-7710

Black Women's Collective

Time: Thursdays, Even Weeks, 5-6:30 pm | 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

Circulo de Mujeres

Time: Tuesdays, 12-1:30 pm | Location: Raza Resource Centro

Description: This forum offers a supportive space to talk and check in with manualidades and crafts! Feel free to bring your lunch or snacks!

Contact: Dr. Hercilia Corona, Ph.D. (858) 534-9079

Desi Community Forum

Time: Tuesdays, 4-5 pm, 4/11, 4/18, 4/25, 5/2, 5/9, 5/16, 5/23, 5/30 | Location: Cross Culture Center Conference Rm

Description: Join us for conversations about Love & Dating, Unfair & Lovely (Colorism In South Asian Culture), Culture & Politics: Being South Asian In Today's USA, Culture, Gender, Patriarchy & Politics, Mental Health In South Asian Communities, Redefining Success & Failure, What Does Religion Mean To You?, And Navigating The South Asian Experience In Non-STEM Fields.

Contact: Dr. Niyatee Sukumaran, Ph.D. (858) 534-3456

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.



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.

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: Mondays 12-1 pm, 4/10, 4/17, 4/24, 5/1, 5/8, 5/15, 5/22, 6/5 | Location: Graduate Student lounge

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. Niyatee Sukumaran, Ph.D. (858) 534-3456

Outside the Box Forum

Time: Thursdays 3-4:30 pm | 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

Who's First? First Generation College Student Forum

Time: Thursdays 12-1 pm | Location: Chancellor's Associates Scholars Program (CASP), 5th Floor Student Services Center (#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

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.