

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: Fridays 12-1:30pm (Weeks 2-3 & 5-10) | Location: Muir Half Dome Lounge

Description: This forum is for students who self-identify as Asian/Asian American. The forum is a supportive and community building space to have informal conversations about experiences as Asian/Asian American 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.

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: Dr. 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: Dr. 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: Tuesdays, 1-2 pm (Weeks 2-10) | Location: GSA Lounge, Original Student Center (near Art of Espresso)

Description: Join us to connect and discuss about various topics from a multicultural lens, which includes managing stress and improving well-being, communication with your advisor(s), dealing with imposter syndrome, family responsibilities, relationships (romantic or social), current sociopolitical climate, experiences of discrimination, etc.

Contact: Dr. Niyatee Sukumaran, Ph.D. (858) 534-9057 or nsukumaran@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.

Muslim Sisters' Community Forum

Time: Thursdays, 3:30-4:30pm (Weeks 2-10) | Location: TMC Admin Building, Room 126

Description: Join us for conversations about our experiences as Muslim women at UCSD and within the current sociopolitical climate, as well as connect with other Muslim sisters on campus. Topics are determined by members, but may include: family challenges, intersecting identities, discrimination, stress management, etc. Dr. Sheva Assar and Asmaa Deiranieh, a Wellness Peer Educator, both identify as Muslim women and will facilitate this forum.

Contact: Dr. Sheva Assar, Psy.D. (858) 246-2271

On Track: Graduate Student & Professional School Student Support Forum

Time: Thursdays, 1-2 pm (Weeks 2-10) | Location: GSA Lounge, Original Student Center (near Art of Espresso)

Description: "On Track" is a supportive drop-in space for graduate and professional school students seeking strategies and support toward academic/professional goals. Common themes include: time management, focus, prioritization, organization, mindfulness, flow, and optimizing performance.

Contact: Dr. Christina Lambert, Ph.D. (858) 534-3035

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

Resilience: Graduate Student & Professional School Student Support Forum

Time: Wednesdays, 1-2 pm (Weeks 2-10) | Location: GSA Lounge, Original Student Center (near Art of Espresso)

Description: "Resilience" is a supportive drop-in space for graduate and professional school students seeking strategies for resilience, perseverance, and flourishing. Common themes include: stress management, recovering from set-backs, work/life balance, and navigating interpersonal challenges.

Contact: Dr. Christina Lambert, Ph.D. (858) 534-3035

South Asian (Desi) Community Forum

Time: 4-5 pm | Location: 6th College (Pepper Canyon Hall), Main Conference. Rm, (Weeks 2-9).

Description: Join us each week for conversations about Culture, Gender & Patriarchy, Dating, Love & Relationships, Gender, Gender Roles & Heteronormity in South Asian culture, Self-care & Compassion: Improve your Well-being (for May As Mental Health Month), "Unfair & Not Lovely": Colorism in South Asia, Coping with setbacks: Redefine Failures into Success, Life post-college (e.g., graduate school, jobs, OPT) and Being South Asian in Today's USA.

Contact: Dr. Niyatee Sukumaran, Ph.D. (858) 534-9057 or nsukumaran@ucsd.edu

Who's First? First Generation College Student Forum

Time: TBA, Three times per quarter, two hours forum | Location: TBA

Description: The "Who's First?" Forum provides participants with a supportive, private environment to discuss their experiences as first-generation college students. The forum three topics are Imposter Syndrome & Stereotype Threat, Self-care & Taboo of Mental Health Needs, and The Benefits of Being a First-Gen Student. A former first-gen college student himself, Dr. Roberto Luna, facilitates.

Contact: Dr. Roberto Luna, Psy.D. (858) 534-0255