RESILIENCE: Graduate Student & Professional School Student Support Forum

- 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.

SPRING 2018
Wed 1-2 pm, Weeks 2-10
GSA Lounge,
Original Student Center
(near Art of Espresso)

Facilitated by
Christina Lambert, PhD
CAPS Psychologist

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.