

LATINX/CHICANX

CAFECITO HOUR

SPRING 2022: WEEK 3 (4/14) – WEEK 10 (6/2)
THURSDAYS 2-3 PM
VIRTUAL UNTIL FURTHER NOTICE*

Join Irma Cano Murphy, LCSW and your Latinx/Chicanx community every Thursday at 2 pm for Cafecito Hour. We will discuss topics impacting Latinx/Chicanx health, well-being and academic success on campus and within our community. This is a communal space to uplift one another with collective problem solving, discussion and support; all students are welcome. Bilingual dialogue (or even a few words en Español here and there) is welcome if it supports your wellbeing and empowerment.



Pan dulce will be provided AFTER forum as take-out for **in-person** meetings only, food and drink are not allowed indoors due to University safety guidelines.

Zoom: <https://uchealth.zoom.us/j/83517101167>

Contact: Irma Cano Murphy, LCSW; icmurphy@health.ucsd.edu

*Note: Your health and well-being are our highest priority, in-person meetings will return based on University safety guidelines. Check Raza Resource Centro's Instagram and Facebook for updates.

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.

UC San Diego
STUDENT HEALTH AND WELL-BEING
Counseling and Psychological Services



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