Have you been feeling alone during the pandemic?
Are you looking to connect with others during your return to campus?
Has pandemic stress felt overwhelming or difficult to cope with?
Have you been feeling more tired, unmotivated, or distracted?

This forum will provide a supportive drop-in space for students to connect with each other and develop coping skills for managing the transition back to campus. Common themes include: stress/worry management, sustaining motivation, recovering from set-backs, developing meaningful social connections, and navigating interpersonal challenges (personal and professional).

Contact: Gila Cohen, LCSW; g2cohen@health.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.

Every Wednesday, from 2:30-3:30 PM (Winter 2022: Weeks 2-10)
https://ucsd.zoom.us/j/96472926910