COVID CONNECTION
Support for Students in Isolation and Quarantine
Fall Quarter 2021
Wednesdays from 2–3 PM (except Nov. 24)
Zoom: https://uchealth.zoom.us/j/82152184144

Are you currently in quarantine or isolation due to COVID-19 exposure? Feeling stuck, lonely, and unmotivated? If so, join other students who might relate to your struggles in similar situations. We will use the time to connect as a group and provide support for one another during these difficult times. If you have questions, contact CAPS Facilitator: Judy Goodman Fermin, PhD; (858) 534-9799; jfgoodman@health.ucsd.edu.

These meetings are not professional counseling. If you would like professional counseling or mental health treatment, please call the Counseling & Psychological Services (CAPS) central office at (858) 534-3755 to arrange an appointment.