

# COVID CONNECTION: ALONE TOGETHER

Support for Students in Isolation and Quarantine

**Winter Quarter: Weeks 3 & 4**

Monday 1/25 at 2:30 PM

Wednesdays 1/20 and 1/27 at 3:30 PM

Fridays 1/22 and 1/29 at 2:00 PM

Zoom: <https://uchealth.zoom.us/j/88324405979>

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 Facilitators: Dr. Stephanie Salo or Dr. Mike McGlenn at (858) 534-3755.

*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.*

**UC San Diego**

**STUDENT HEALTH AND WELL-BEING**  
Counseling and Psychological Services



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Student Health Services