Community Forums offer a space where we can focus on building connections, sharing and exchanging ideas, and learning from each other. These forums are offered for free throughout the quarter for all the registered UC San Diego students. 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.

**ADHD Support for Undergraduate Students**
Mondays 3–4pm, Week 1 (9/26) – Week 11 (12/5)
If you have been diagnosed with ADHD, suspect you may have ADHD, or struggle with attention or focus, this forum will provide a space for emotional support for students to live well with ADHD and offer tools and strategies to help manage their ADHD symptoms. To see if this group is a good fit for you, please contact Dr. Sara Heinemann and she will send you the zoom link to join the group.

Contact(s): Sara Heinemann, PsyD; saheinemann@health.ucsd.edu

**APIMEDA Community Forum**
Mondays 12–1pm, Week 2 (10/3) – Week 10 (11/28)
An informal, drop-in group designed for Asian Pacific Islander Middle Eastern Desi American students to hang out and talk about the things they are experiencing in a supportive environment. This forum is co-sponsored by APIMEDA Programs and Services. In person: Sixth College Lodge (in Kaleidoscope). Masking strongly recommended.

Contact(s): Louie Limas, PhD; 858-534-9057; ellimas@health.ucsd.edu
Wind Sasaki; wsasaki@ucsd.edu

**Body Positivity**
Mondays 11am–12pm, Week 1 (9/26) – Week 11 (12/5),
Except 10/17
The Body Positivity Forum is a virtual drop in forum to support students who have concerns related to eating and body image. The forum will support students by helping them challenge unrealistic body ideals and diet culture messages that can lead to feelings of low self worth.

https://uchealth.zoom.us/j/89782327710

Contact(s): Sarah Bromley, LCSW; sebromley@health.ucsd.edu

**Coming Out Group**
Tuesdays 3–4:30pm, Week 1 (9/27) – Week 10 (11/29),
Except 10/4 and 10/11
The Coming Out group is a place to meet and gain support while discussing your sexual and/or gender identities in a confidential setting. This group is for lesbian, gay, bisexual, transgender, straight, or questioning folks who are coming out, considering coming out or may already be out. Topics are determined by group participants and can include stress, fear, anxiety, loneliness, family/cultural issues, excitement and celebration with regard to coming out. The group is open to new members the first 3 meetings of each quarter and then closes to maintain a safe space. Meetings are in person at the Cross Cultural Center.

Contact(s): Taylor McCavanagh, PsyD; tmccavanagh@health.ucsd.edu
Grief and Loss Support Forum for Undergraduate Students
Thursdays 3–4pm, Week 1 (9/29) – Week 10 (12/1)
This is a support forum for students who wish to work through grief and loss related to death of a loved one. The journey is different for each person; there is no single pattern for grief. Topics are determined by group participants and can include sharing, giving and receiving support, common physical and emotional reactions, self-compassion, and emotional resilience. This is a drop-in forum and students are welcome to join each week or as it fits their needs and schedules. Please contact Gila Cohen for more information.
Contact(s): Gila Cohen, LCSW; g2cohen@health.ucsd.edu

Military-Connected Student Support Forum
Wednesdays 12–1pm, Week 3 (10/12) – Week 10 (11/30)
A drop-in space for military-connected undergraduate and graduate students who are interested in building community and developing self-improvement tools in a mutually supportive and collaborative environment. Common themes include: adapting to change, transitioning into university, navigating multiple roles/identities, stress management, communication/navigating conflict, sleep, time management, and others. Participants will benefit from both peer wisdom/support and information from facilitators.
Location: Student Veterans Resource Center Conference Room
Contact(s): Michael McGlenn, PsyD; mpmcglen@health.ucsd.edu
Noreen Marsland, PsyD; nmarsland@health.ucsd.edu

Students with Dependents Forum
First Tuesdays 11:30am –12:30pm (10/4, 11/1, 12/6)
The Students with Dependents Forum is a virtual drop in forum for students who identify as student parents, guardians, or caregivers. The forum offers a confidential space to connect, support, and share resources. This forum is open to both graduate and undergraduate students. Forum will be facilitated by Lori Weiner, LCSW.
https://uchealth.zoom.us/j/88929815628
Contact(s): Lori Weiner, LCSW; lweiner@health.ucsd.edu

Trans and Gender Diverse Group
Wednesdays 3–4:30pm, Week 1 (9/28) – Week 10 (11/30), Except 10/5 and 10/12
Are you questioning your gender? Do you need a space to discuss your gender identity with others who may be going through the same thing? This group allows students to explore their thoughts and feelings related to their gender identity. Join this group to build community, share experiences, and get support while navigating the world outside the gender binary. No matter where you are on the gender spectrum, you are welcome here! Meetings are in person at the Cross Cultural Center.
Contact(s): Taylor McCavanagh, PsyD; tmccavanagh@health.ucsd.edu

ADHD Support Forum for Graduate and Professional Students
Mondays 4:30–5:30pm (9/26, 10/10, 10/24, 11/7, 11/21, 12/5)
If you are a graduate or professional school student who has been diagnosed with ADHD or think you may have ADHD, you may benefit from participation in the ADHD Support Forum, a caring space to share experiences and strategies for better management of ADHD symptoms. To see if this group is a good fit for you, please contact Dr. David Kersey.
Contact(s): David Kersey, MD; 858-534-3050; dkersey@health.ucsd.edu
Black Community Forum for Graduate and Professional Students
Tuesdays 3:30–4:30pm (9/27, 10/11, 10/25, 11/8, 11/29)
This a weekly drop-in forum for Black Graduate and Professional Students to foster kinship and receive support through community conversations. Weekly discussion topics are determined by forum participants, and can include imposter syndrome, stress/anxiety, loneliness, family/cultural pressures, and social justice issues. There are even opportunities for forum participants to gain experience as moderators. This community forum embraces and celebrates the diversity of mental and physical abilities, sexual orientations, nationalities, gender expressions, body-sizes, religions, and ages among UC San Diego’s Black Graduate and Professional Students. Conversations will be facilitated by Haile Wright, LCSW, CAPS Mental Health Therapist.

Location: The Black Graduate Experience — Living Learning Community (Nuevo East Graduate Housing, Capa building)
Contact(s): Haile Wright, LCSW; hwright@health.ucsd.edu

Grief and Loss Support Forum for Graduate and Professional Students
Wednesdays 4–5pm, Week 3 (10/12) – Week 11 (12/7)
This is a safe and supportive forum for graduate and professional students who wish to work through grief and loss related to death of a loved one, particularly in the context of college and campus life. This forum offers an opportunity to connect with other students experiencing loss. Topics are determined by group participants and can include sharing, giving and receiving support, common physical and emotional reactions, self-compassion, and emotional resilience. The journey is different for each person; there is no single pattern for grief. Conversations will be facilitated by Dr. Fengqin Lian, CAPS Psychologist and GAPSWell Associate. To see if this forum is a good fit for you, please contact Dr. Tyler Hatchel for more information.

Contact(s): Fengqin Lian, PhD; flian@health.ucsd.edu

LGBTQ Community Forum for Graduate and Professional Students
Wednesdays 4–5pm (10/5, 10/19, 11/2, 11/16, 11/30)
This forum is meant to create space for community development and a sense of belonging. The content is directed by community members and is often focused on LGBTQ and/or graduate and professional student issues. Examples include personal and professional relationships, queer topics in the academia and media, intersectionality, minority stress, feeling connected during strange times, and coping with imposter syndrome. Conversations will be facilitated by Dr. Tyler Hatchel, CAPS Psychologist and a GAPSWell Associate. To see if this forum is a good fit for you, please contact Dr. Tyler Hatchel for more information.

Contact(s): Tyler Hatchel, PhD; thatchel@health.ucsd.edu

WISE: Graduate Women in Science and Engineering
Wednesdays 1–2pm, Week 1 (9/28) – Week 10 (11/30)
A support forum for women in STEM fields where women are underrepresented. Come experience a sense of community, support in goal attainment and encouragement in personal and professional life. To see if the forum is a good fit for you, please contact Judy Goodman Fermin, PhD.

Contact(s): Judy Goodman Fermin, PhD; 858-534-9799; jfgoodman@health.ucsd.edu