Community Forums for Graduate and Professional Students

These forums are offered for free throughout the Summer for all registered UC San Diego students.

ADHD Support Forum for Graduate and Professional Students

Mondays 4:30-5:30PM, July 11 and August 8 with CAPS psychiatrist Dr. David Kersey and GAPSWell Associate Kween Agba
Zoom

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 at dkersey@health.ucsd.edu or 858-534-3050.

Grief and Loss Support Forum for Graduate Students

Wednesdays 3:30-4:30PM, 6/8, 6/22, 6/29, 7/6 and 7/13 with David Diaz, Ph.D. and GAPSWell Associates Anja Payne and Seraphina Soldiers
Zoom

This is a safe and supportive forum for graduate and professional school 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. David Diaz, CAPS psychologist and GAPSWell Associates.

Register HERE: https://uchealth.zoom.us/meeting/register/tZAqdeiorzsoG9wrxQOEEiWer8nUdno0sFUt

Black Community Forum for Graduate and Professional Students

Tuesdays 3:30-4:30PM, June 21st, July 19th, and August 16th with Haile Wright, LCSW CAPS Clinical Therapist and GAPSWell Associate Kween Agba
Location: Black Graduate Experience Living Learning Community (located on the second floor of Capa Nuevo East building)

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 UCSD’s Black Graduate and Professional Students. Contact hwright@health.ucsd.edu with any questions or concerns.

WISE: Graduate Women in Science and Engineering

Wednesdays 1-2PM, 6/22, 7/6, 7/20, 8/10, 8/17, 9/7 and 9/21 with Judy Goodman Fermin, Ph.D.
Zoom

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, Ph.D. at (858)534-9799 or jfgoodman@health.ucsd.edu.