Community Forums
Winter 2023

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 (1/9) – Week 10 (3/13)
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 3 (1/23) – Week 9 (3/6)
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.

Location: Sixth College Lodge (in Kaleidoscope), masking strongly recommended.

Contact(s): Louie Limas, PhD; ellimas@health.ucsd.edu
Windi Sasaki; wsasaki@ucsd.edu

Cafecito Hour
Wednesdays 12–1pm, Week 2 (1/18) – Week 9 (3/8)
Cafecito Hour is a forum for the Latinx/Chicanx community. We will discuss topics impacting Latinx/Chicanx health, well-being and academic success on campus and within our community. This is a communal space to uplift one another with collective problem solving, discussion and support; all students are welcome. Bilingual dialogue (or even a few words en Español here and there) is welcome if it supports your well-being and empowerment. Bring your favorite warm beverage of choice for this Cafecito Hour.

Location: RAZA Community Room (TBD)

Contact(s): Kimberly Knight-Ortiz, LCSW; kknightortiz@health.ucsd.edu

Coming Out Group
Tuesdays 3–4pm, Week 1 (1/10) – Week 10 (3/14)
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.

Location: Cross Cultural Center, Price Center East, 2nd Floor

Contact(s): Taylor McCavanagh, PsyD; tmccavanagh@health.ucsd.edu

Black Connections
Odd Tuesdays 12–1:30pm (1/10, 1/24, 2/7, 2/21, 3/7)
Black Connections is a safe space to connect and heal with community. Discussion topics are determined by forum participants and can include social justice issues, racial trauma, stress, anxiety, family/cultural pressures, and adjusting to UC San Diego. The goal is to uplift and support one another with collective problem solving and discussion. Danielle is dedicated to creating a culturally responsive and inclusive space for the UC San Diego Black Community. This forum is co-sponsored by the Black Resource Center and open to Black-identified students, staff, and faculty. Black Connections will be hybrid (in-person at BRC and virtual on zoom) until further notice. Please check the BRC website or contact Danielle Simien, LCSW for details.

https://ucsd.zoom.us/j/96780767839

Contact(s): Danielle Simien, LCSW; dsimien@health.ucsd.edu

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Grief and Loss Support Forum for Undergraduate Students
Thursdays 3–4pm, Week 1 (1/12) – Week 10 (3/16)
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.
https://ucsd.zoom.us/j/92572081807
Contact(s): Gila Cohen, MSW, LCSW; g2cohen@health.ucsd.edu

ICA Injury Drop-in Support Forum
Wednesdays 1–2pm, Week 1 (1/11) – Week 10 (3/15)
This is a drop-in support group to help ICA scholar-athletes build a community in order to assist one another working through the challenges of injury and the rehabilitation process. Group leaders will also teach skills and resources that can help with these obstacles. No RSVP needed. Please contact Sports Psychologist Dr. Saenz for any questions.
Location: Triton Conference Room (with exception of being in the RIMAC Conference Room on 1/18, 2/15, and 3/15)
Contact(s): Shane Saenz, PsyD, CMPC; smsaenz@health.ucsd.edu
Mariel Ruiz Stasiuk, PsyD; mruizstasiuk@health.ucsd.edu

Military-Connected Student Support Forum
Wednesdays 12–1pm, Week 3 (1/25) – Week 10 (3/15)
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): Noreen Marsland, PsyD; nmarsland@health.ucsd.edu

Trans and Gender Diverse Group
Tuesdays 2–3pm, Week 1 (1/10) – Week 10 (3/14)
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!
Location: Cross Cultural Center, Price Center East, 2nd Floor
Contact(s): Taylor McCavanagh, PsyD; tmccavanagh@health.ucsd.edu

Students with Dependents Forum
Fourth Fridays 10–11am (1/27, 2/24, 3/24)
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/82850961657
Contact(s): Lori Weiner, LCSW; lweiner@health.ucsd.edu

ADHD Support Forum for Graduate and Professional Students
Thursdays 4–5pm, Week 1 (1/12) – Week 10 (3/16)
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 participating in the ADHD Support Forum — a caring space to share experiences and learn strategies to better manage inattention. If interested, contact Dr. Sara Heinemann, for more information.
Contact(s): Sara Heinemann, PsyD; saheinemann@health.ucsd.edu
Black Community Forum for Graduate and Professional Students
Tuesdays 3:30–4:30pm (1/10, 1/24, 2/7, 2/21, 3/7, 3/14)
This is 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: Graduate Housing, Capa Building, Nuevo East (2nd Floor)
Contact(s): Haile Wright, LCSW; hwright@health.ucsd.edu

Grief and Loss Support Forum for Graduate and Professional Students
Wednesdays 4–5pm, Week 1 (1/11) – Week 11 (3/22)
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 Associates. If interested, please contact Dr. Lian to obtain the forum zoom link.

Contact(s): Fengqin Lian, PhD; 858-534-0252; flian@health.ucsd.edu

Latinx Support Forum for Graduate and Professional Students
Thursdays 1–2pm, Week 1 (1/12) – Week 10 (3/16)
This forum is a place to meet peers and gain support while discussing the multiple experiences one has as a Latinx student here at UC San Diego. Topics are determined by forum participants and can include imposter syndrome, stress, anxiety, loneliness, family/cultural issues, social justice concerns, and excitement about being part of an awesome community. The forum is open to new members throughout the quarter. Conversations will be facilitated by Dr. Bryan Balvaneda (he/his)/CAPS Clinician. Come as you are! I look forward to chatting and meeting with you all. Contact Dr. Bryan Balvaneda for any questions.
https://uchannel.zoom.us/j/85857145148

Contact(s): Bryan Balvaneda, PhD; bbalvaneda@ucsd.edu

LGBTQ Community Forum for Graduate and Professional Students
Wednesdays 4–5pm, Week 1 (1/11) – Week 10 (3/15)
This in-person forum for persons who identify as LGBTQ+ exists to create space for community development and to foster a sense of belonging. The content is guided by community members and often focuses 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. David Kersey. To see if this forum is a good fit for you, please contact David Kersey.

Location: Cross Cultural Center, Price Center East, 2nd Floor
Contact(s): David Kersey, MD; dkersey@ucsd.edu

WISE: Graduate Women in Science and Engineering
Wednesdays 1–2pm, Week 1 (1/11) – Week 10 (3/15)
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

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