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 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 (10/2) – Week 10 (12/4)
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. Aj Pollard PhD, CAPS for more information and to receive the zoom link.

Contact(s): Aj Pollard, PhD (CAPS); aepollard@health.ucsd.edu

Black Connections
Wednesdays 12–1:30pm (10/4, 10/18, 11/1, 11/15)
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 held in-person at BRC on select dates. Please check the BRC website or contact Danielle Simien for details.

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

Cafecito Hour
Wednesdays 12–1pm (10/11, 10/25, 11/8, 11/22)
Cafecito Hour is a forum for the Latinx/Chicano community. We will discuss topics impacting Latinx/Chicano 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: Pepper Canyon Rm. 104
Contact(s): Kimberly Knight-Ortiz, LCSW; kknighortiz@health.ucsd.edu

Coming Out Group
Tuesdays 2–3pm, Week 2 (10/10) – Week 10 (12/5)
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. Coming out is an ongoing process in life for the LGBTQ+ community, all are welcome.

Location: Cross Cultural Center
Contact(s): Taylor Mccavanagh, PsyD; tmccavanagh@ucsd.edu
Mely Quiroz; m1quiroz@health.ucsd.edu
Tay Richardson; t3rich@health.ucsd.edu

Community Support Hour for International Students
Thursdays 3–4pm (In-Person: 10/5, 10/19, 11/2, 11/16, 11/30); (Zoom: 10/12, 10/26, 11/9, 12/7)
The Community Support Hour for International Students is a collaboration between CAPS and ISP0 to provide a support space for international students. Build community, Connect with Other International Students, Prioritize your well-being and mental health, Navigate challenges and strategize ways to thrive, and Learn about Campus resources. Depending on the week, we’ll do mindfulness & meditation exercises, arts & crafts, etc. Light snacks and refreshments will be provided. This workshop will be held in-person on Odd Weeks of the quarter and via Zoom on Even Weeks of the quarter.

In Person Location (Odd Weeks): Eucalyptus Grove behind ISP0 Of ice
Zoom Location (Even Weeks): https://uchealth.zoom.us/j/84437157831
Contact(s): Lori Weiner, LCSW (CAPS); lweiner@ucsd.edu
Grief and Loss Support Forum for Undergraduate Students
Due to unforeseen circumstances, this workshop is cancelled for the remainder of the quarter.

ICA Injury Drop-in Support Forum
**Wednesdays 1–2pm, Week 1 (10/4) – Week 10 (12/6)**
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:** RIMAC Conference Room
**Contact(s):** Shane Saenz, PsyD, CMPC; smsaenz@health.ucsd.edu
Mariel Ruiz Stasiuk, PsyD; mruizstasiuk@health.ucsd.edu

Mental Health Across Borders
**Wednesdays 12–1pm (10/4, 10/18, 11/1, 11/15)**
This is a support forum for DACamented, Undoc identified, UCSD DREAMERS, and doers as well as children of immigrant parents. Join us as we gather to uplift each other in this community space. A place to share our unique experiences, share challenges, unburden ourselves, highlight our resilience, empower each other, while cultivating a community of trust and belonging at UCSD. Each one of us brings our own unique gifts to the campus and the community at large. Let’s gather and share those gifts with each other. Snacks will be provided! For any questions feel free to contact Kimberly Knight-Ortiz.

**Location:** Student Services Center, 5th Floor, Conference Room 554
**Contact(s):** Kimberly Knight-Ortiz; kknightortiz@health.ucsd.edu

Military-Connected Student Support Forum
**Wednesdays 12–1pm, Week 1 (10/4) – Week 10 (12/6)**
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 facilitator Dr. Daphne Kendricks.

**Location:** Student Veterans Resource Center, Conference Room
**Contact(s):** Daphne Kendricks, PhD; dkendricks@health.ucsd.edu

Muslim Community Support Hour
**Wednesdays 10–11am, Weeks 2 (10/11) – Week 10 (12/6), Except 11/22 & 11/29**
A drop-in forum for Muslim-identified students to discuss various issues they are experiencing in a supportive, online environment. Topics may include religion/spirituality, social justice, stress/anxiety/depression, family/cultural pressures, and adjusting to UC San Diego.

https://ucsd.zoom.us/j/95841231440
**Contact(s):** Nava Sedaghat, PsyD; nsedaghat@health.ucsd.edu

Trans and Gender Diverse Group
**Tuesdays 3:30–4:30pm, Week 2 (10/10) – Week 10 (12/5)**
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
**Contact(s):** Taylor McCavanagh, PsyD; tmccavanagh@ucsd.edu
Mely Quiroz; m1quiroz@health.ucsd.edu
Tay Richardson; t3rich@health.ucsd.edu

Unwind the Grind with APIMEDA Programs and Services and CAPS
**Mondays 3–4pm, Week 2 (10/9) – Week 10 (12/4)**
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. For more information, please contact Associate Director W indi Sasaki or Staff Psychologist’s Louie Limas and Amanda Tom.

**Location:** Sixth College Lodge (in Kaleidoscope)
**Contact(s):** W indi Sasaki, MA; wsasaki@ucsd.edu
Louie Limas, PhD (CAPS); ellimas@ucsd.edu
Amanda Tom, PsyD (CAPS); a2tom@health.ucsd.edu

@ucsdshw | CAPS.UCSD.EDU
ADHD Support Forum for Graduate and Professional Students
Mondays 1:30–2:30pm, Week 1 (10/2) – Week 10 (12/4)
If you are a graduate or professional 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. AJ Pollard directly for more information and to receive the Zoom link.

Contact(s): AJ Pollard, PhD (CAPS); aepollard@health.ucsd.edu

Grief and Loss Support Forum for Graduate and Professional Students
Wednesdays 4–5pm, Week 1 (10/4) – Week 10 (12/6)
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. This forum offers an opportunity to connect with other students experiencing loss. Topics are determined by group participants and can include physical and emotional reactions of grief, impact of grief on other aspects of life, and self-compassion. Group participants are encouraged to give and receive support. The journey is different for each person; there is no single pattern for grief. Conversations will be facilitated by Dr. Fengqin Lian, CAPS psychologist. 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 12–1pm, Week 1 (10/5) – Week 10 (12/7), Except 11/23
The forum is a place to meet peers and build community as we discuss multiple experiences as Latinx graduate and professional students at UC San Diego. Topics are determined by forum participants and can include imposter syndrome, stress, anxiety, acculturation, family/cultural issues, factors that impact productivity, social justice concerns, and strengths that contribute to “ganas,” persistence, and resilience. Conversations are facilitated by Dr. Araceli López-Arenas (she/her/ella). Join us in person and come as you are for as little or as much as you are able to!

Location: Raza Resource Centro, Pepper Canyon Hall, Level 2, Room 264, Conference room

Contact(s): Araceli López-Arenas, PhD, MPH; lopezara@health.ucsd.edu

LGBTQ+ Community Forum for Graduate and Professional Students
Wednesdays 4–5:15pm, (9/20) – (12/13), Except 10/25
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. Students are welcome to walk-in to a meeting as well.

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

Contact(s): David Kersey, M D; 858-534-3050; dkersey@ucsd.edu

Thesis/Dissertation Forum for Graduate and Professional Students
Tuesdays 3–4pm, Week 1 (10/3) – Week 10 (12/5)
Completing a dissertation or thesis project can be stressful and overwhelming. Join the Thesis/Dissertation Forum for GAPS to have a supportive space to process topics related to your project, such as: procrastination, anxiety, goal-setting, issues of perceived competence, and other struggles that can occur during the course of completing your research. The aim of this forum is to help alleviate the stress of your thesis/dissertation work, and to have a space to connect with people going through a similar process. For more information and access to the Zoom link, please email Dr. Cassandra Lawson.

https://uchealth.zoom.us/j/81004970212

Contact(s): Cassandra Lawson (She/They); cmlawson@health.ucsd.edu

WISE: Graduate Women in Science and Engineering
Wednesdays 1–2pm, Week 1 (10/4) – Week 10 (12/6)
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.

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

Co-Curricular Record Well-being Certificate
As part of the Tritons Flourish initiative, the RISE Well-being & Community Engagement CCR Opportunity (RISE CCR) enables all UC San Diego students to earn credit on their Co-Curricular Record for being active participants in programming that aims to promote students’ well-being and build a community of care on our campus.

To learn more please visit the Co-Curricular Record website.