Community Forums
Fall 2021

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.

APIMEDA Community Forum
Tuesdays 1:00–2:00 PM (October 5–November 30)
This forum is designed to address the concerns of Asian Pacific Islander Middle Eastern Desi American (APIMEDA) students at UCSD in a supportive and problem-solving atmosphere. Issues such as career and academic success, family pressures, cultural identity, and relationships are common topics. This forum is co-sponsored by APIMEDA Programs and Services. Please register at https://bit.ly/3Eo2Gjp to receive access to join.

Contact(s): Louie Limas, Ph.D.; 858-534-9057; ellimas@health.ucsd.edu

Black Women’s Collective
Thursdays 3:30–5:00 PM (Even Weeks 2, 4, 6, 8, 10)
Join us for conversations about our experience as Black women and connect with other women on campus. Please contact Dr. Thompson to sign up.

Contact(s): Cat Thompson, Ph.D.; 858-534-3987; cathompson@health.ucsd.edu

Coming Out Group
Tuesdays 3:30–5:00 PM (Weeks 1–10)
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.
https://uchalth.zoom.us/j/97631185797

Contact(s): Cat Thompson, Ph.D.; 858-534-3987; cathompson@health.ucsd.edu

Connecting and Coping
Thursdays 2:30–3:30 PM (Weeks 2-10)
• Have you been feeling alone during the pandemic?
• Are you looking to connect with others during your return to campus?
• Has pandemic stress felt overwhelming or difficult to cope with?
• Have you been feeling more tired, unmotivated, or distracted?

This forum will provide a supportive drop-in space for students to connect with each other and develop coping skills for managing the transition back to campus.
Common themes include: stress/worry management, sustaining motivation, recovering from set-backs, developing meaningful social connections, and navigating interpersonal challenges (personal and professional).
https://ucsd.zoom.us/j/96472926910

Contact(s): Gila Cohen, LCSW; g2cohen@health.ucsd.edu
Melissa Miller, LCSW; mlm002@health.ucsd.edu

COVID Connection: Support for Students in Isolation and Quarantine
Wednesdays 2:00–3:00 PM (Except October 6 and November 24)
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.
https://uchalth.zoom.us/j/82152184144

Contact(s): Judy Goodman Fermin, Ph.D.; 858-534-9799; jfgoodman@health.ucsd.edu
Grief and Loss Support Forum for Undergraduate Students  
Tuesdays 3:00–4:00 PM (Weeks 2–10)  
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.  
https://ucsd.zoom.us/j/93616978191  
Contact(s): Gila Cohen, LCSW; g2cohen@health.ucsd.edu

Latinx/Chicanx Cafecito Hour  
Thursdays 2:00–3:00 PM (Weeks 2–10, Except November 11 and 25)  
Join Irma Cano Murphy, LCSW (Licensed Clinical Social Worker) and your Latinx/Chicanx community every Thursday for Cafecito Hour. We will discuss topics impacting Latinx/Chicanx health, well-being and academic success on campus and in the world. This is a space to be in community and 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. Irma is dedicated to working with the forum each week to create an inclusive space for everyone.  
Pan dulce will be provided AFTER forum as take-out; food and drink are not allowed indoors due to University safety guidelines.  
Location: Raza Resource Centro  
Contact(s): Irma Cano Murphy, LCSW; icmurphy@health.ucsd.edu

Outside the Box Forum  
Thursdays 3:30–5:00 PM (Odd Weeks 3, 5, 7, 9)  
This informal group is a safe space for students, faculty, and staff of mixed/multiracial/multiethnic and other non-dominant identities to share their experiences and discuss issues in an open and supportive, community atmosphere. This forum is co-sponsored by the Cross Cultural Center. Please contact Dr. Thompson to sign up.  
Contact(s): Cat Thompson, Ph.D.; 858-534-3987; cathompson@health.ucsd.edu

ADHD Support Forum for Graduate and Professional School Students  
Mondays 4:30–5:30 PM (October 5–December 6, Except November 22)  
If you are a graduate or professional 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 forum is a good fit for you, please contact Dr. Christina Lambert.  
Contact(s): Christina Lambert, Ph.D.; 858-534-3035; cdlambert@health.ucsd.edu

Black Students Community Forum for School of Medicine, Pharmacy, and Graduate and Professional Students  
Wednesdays 3:00–4:00 PM (October 5–November 16)  
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. Conversations will be facilitated by Haile Wright, LCSW, CAPS Mental Health Therapist and Nina Scott, Graduate and Professional Student Well-Being (GAPSWell) Associate.  
https://uchealth.zoom.us/j/81945370622  
Contact(s): Haile Wright, LCSW; hwright@health.ucsd.edu
Grief and Loss Support Forum for Graduate and Professional Students
Thursdays 4:00–5:00 PM (October 7 and 21, November 4, December 2)
If you are a graduate or professional school student who wishes to work through grief and loss related to death of a loved one, you may benefit from participation in this forum, a caring space to share experiences; give and receive support; explore common physical and emotional reactions; honor the uniqueness of each person’s journey; practice self-compassion; and develop emotional resilience.
Conversations will be facilitated by Dr. Christina Lambert, CAPS Psychologist, and Anja Payne, Graduate and Professional Student Well-Being (GAPSWell) Associate.
To see if this forum is a good fit for you, please contact Dr. Christina Lambert.
Contact(s): Christina Lambert, Ph.D.; 858-534-3035; cdlambert@health.ucsd.edu

Latinx Support Forum for Graduate and Professional Students
Tuesdays 3:00–4:00 PM (October 5–November 16)
The Graduate and Professional Students Latinx 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. This forum is for graduate and professional students. 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 Kimberly Knight-Ortiz, LCSW/CAPS Clinician and José Delgado, Graduate and Professional Student Well-Being (GAPSWell) Associate. Come as you are! We look forward to chatting and meeting with you all. https://uchannel.zoom.us/j/88340036735
Primarily Zoom; first session will be in-person. Contact Kimberly for the first meeting location.
Contact(s): Kimberly Knight-Ortiz, LCSW; kknightortiz@health.ucsd.edu

LGBTQ Community Forum for Graduate and Professional Students
Wednesdays 4:00–5:00 PM (Starting date TBA)
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 academic and media, intersectionality, minority stress, feeling connected during strange times, and coping with imposter syndrome. To see if this forum is a good fit for you, please contact Dr. Tyler Hatchel and Dr. Christina Lambert for more information.
Contact(s): Tyler Hatchel, Ph.D.; 858-534-3755; thatchel@health.ucsd.edu
Christina Lambert, Ph.D.; 858-534-3035; cdlambert@health.ucsd.edu

Loved Ones with Serious Illness, a Support Forum for Graduate and Professional Students
Thursdays 4:00–5:00 PM (October 14 and 28, November 18, December 9)
If you are a graduate or professional school student who is caring for or concerned about a loved one with a serious, progressive, chronic, debilitating, life-threatening and/or terminal health condition, including serious mental health conditions and/or substance abuse, you may benefit from participation in this forum, a caring space to share experiences; give and receive support; examine meaning of life; practice self-compassion; and explore radical acceptance. Conversations will be facilitated by Dr. Christina Lambert, CAPS Psychologist, and Anja Payne, Graduate and Professional Student Well-Being (GAPSWell) Associate. To see if this forum is a good fit for you, please contact Dr. Christina Lambert.
Contact(s): Christina Lambert, Ph.D.; 858-534-3035; cdlambert@health.ucsd.edu
Tritons Declassified: A Graduate and Professional School Students’ Survival Guide
Tuesdays 12:00–1:00 PM (October 12–November 30)
A drop-in space for graduate and professional school students looking for support and connection. Topics may include imposter syndrome, stress management, academics, cultural concerns, and coping with COVID-19 related concerns. Conversations will be facilitated by CAPS psychologist Dr. Mojgan Jahan, Dr. Nava Sedaghat, and Anja Payne, Graduate and Professional Student Well-Being (GAPSWell) Associate.
https://uchealth.zoom.us/j/89999833966
Contact(s): Mojgan Jahan, Psy.D., mjahan@health.ucsd.edu
Nava Sedaghat, Psy.D.; nsedaghat@health.ucsd.edu

WISE: Graduate Women in Science and Engineering
Wednesdays 1:00–2:00 PM (September 29–December 1)
This is a support space for graduate women in the hard sciences, math or engineering fields where women are under-represented. Our goal is to foster a sense of community and support toward the attainment of goals and to encourage self-empowerment to increase and develop a vision for one’s personal and professional life. To see if this forum is a good fit for you, please contact Dr. Judy Goodman.
Contact(s): Judy Goodman Fermin, Ph.D.; 858-534-9799; jfgoodman@health.ucsd.edu