

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 UCSD 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.

Find Your Focus: Undergraduate ADHD Support Forum

Mondays 3:00–4:00 PM (Weeks 2–10, Except 4/5 & 5/31)

Do you have ADHD or struggle to maintain your attention and stay focused, especially while learning online? Join our forum to connect with other undergraduate students and develop strategies and skills to manage ADHD symptoms and feel more successful as you navigate online learning. This is a drop-in forum and students are welcome to join each week or as it fits their needs and schedules.

<https://uhealth.zoom.us/j/89691666013>

Contact(s): Carly Knauf, Psy.D.; 858-534-3755;
cknauf@health.ucsd.edu

ADHD Support Forum for Graduate and Professional School Students

Mondays 3:00–4:00 PM (April 5–June 7, Except 5/31)

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

Students with Dependents Forum

Tuesdays 1–2 PM (April 6, May 4, and June 1)

The Students with Dependents Forum is a 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.

<https://uhealth.zoom.us/j/91384635003>

Contact(s): Sarah Bromley, LCSW; 858-822-2682;
sebromley@health.ucsd.edu
Lori R. Weiner, LCSW; 858-534-7403;
lweiner@health.ucsd.edu

Grief and Loss Support Forum for Undergraduate Students (NEW!)

Tuesdays 2:30–3:30 PM (Weeks 2–10, Except 4/13)

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://uhealth.zoom.us/j/83300573578>

Contact(s): Lori R. Weiner, LCSW; 858-534-7403;
lweiner@health.ucsd.edu
Gila Cohen, LCSW; 858-534-3755;
g2cohen@health.ucsd.edu

Grief and Loss Support Forum for Graduate and Professional Students (NEW!)

Tuesdays 3:30–4:30 PM (April 6–June 1)

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, Kennedy Middleton, Graduate Well-Being Associate, and Anja Payne, Graduate Well-Being 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



Yoga for Wellness Forum (NEW!)

Tuesdays at 3:30–4:30 PM (Weeks 3–8)

Yoga is an ancient South Asian practice of wellbeing that helps us balance mind, body, and connection to the world around us. This forum offers a supportive space to learn the science behind yoga's benefits and try out practices of breath, movement, and rest. Dr. Mendez is a 500-hour Registered Yoga Teacher and is passionate about providing accessible tools for wellbeing. Her research has focused on the benefits of yoga and mindfulness for preventive wellness, particularly for BIPOC communities. She is happy to answer questions about the forum and can help with modifications if you do not have a yoga mat. To see if this forum is a good fit for you, please contact Dr. Mendez.

Contact(s): Kristina Mendez, Ph.D.; 858-534-3755;
kcmendez@health.ucsd.edu

APIMEDA Community Forum

Tuesdays 3:00–4:00 PM (Weeks 1–10, Except 3/23)

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/2Rdn2EJ> to receive access to join.

Contact(s): Windi Sasaki, M.A.; 858-822-0525;
wsasaki@ucsd.edu
Louie Limas, Ph.D.; 858-534-9057;
ellimas@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 safe space.

<https://uhealth.zoom.us/j/97631185797>

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

Burn Bright, Not Out—Support Forum for Graduate and Professional Students (NEW!)

Wednesdays 1:00–2:00 PM, April 7–June 2

A supportive drop-in space for graduate and professional students seeking strategies for preventing and overcoming burnout. Common themes include: stress/worry management, sustaining motivation, recovering from set-backs, working remotely, and navigating interpersonal challenges (personal and professional). Conversations will be facilitated by Dr. Mojgan Jahan, CAPS Psychologist, Alejandra Chaidez, Graduate Well-Being Associate, and Emily Ho, Graduate Well-Being Associate.

<https://uhealth.zoom.us/j/83891381431>

Contact(s): Mojgan Jahan, Psy.D.; mjahan@health.ucsd.edu

WISE: Graduate Women in Science and Engineering

Wednesdays 1:00–2:00 PM (Weeks 1–10)

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

COVID Connection: Support for Students in Isolation and Quarantine (NEW!)

Wednesdays 2:00–3:00 PM (Weeks 2–10)

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://ucsd.zoom.us/j/99765350178>

Contact(s): Wen-Hsin Chang, Ph.D.; 858-534-3755;
wechang@health.ucsd.edu

First Gen Support Forum

Thursdays 3:00–4:00 PM (Odd Weeks 1, 3, 5, 7, 9)

This forum is an informal, drop-in group for first generation undergraduate college students. Topics discussed in this forum may include adjusting to college life, academic stressors, family/self-imposed pressure, family stress, cultural shock, social isolation, coping, resilience and overall well-being as it pertains to the first gen experience. Join us as we gather in community, share, and provide one another with much needed support.

<https://uhealth.zoom.us/j/83120953632>

Contact(s): Lilian Salcedo, Psy.D.; 858-534-0255;
lsalcedo@health.ucsd.edu

More Than Dreams Support Forum

Thursdays 3:00–4:00 PM (Even Weeks 2, 4, 6, 8, 10, Except 4/22)

This is a support forum for DACAmented, Undoc identified, UCSD DREAMERS, and doers! Join us as we gather to uplift each other in this virtual 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. To see if this forum is the right fit for you, please contact Dr. Lilian Salcedo.

Contact(s): Lilian Salcedo, Psy.D.; 858-534-0255; lsalcedo@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

Outside the Box Forum

Thursdays 3:30–5:00 PM (Odd Weeks 1, 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

LGBTQ Community Forum for Graduate and Professional Students

Thursdays 4:00–5:00 PM (Weeks 1–10)

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.

Contact(s): Tyler Hatchel, Ph.D.; 858-534-3755; thatchel@health.ucsd.edu

Latinx/Chicanx Cafecito Hour

Fridays 3:00–4:00 PM (Weeks 1–10)

Join Dra. Kristina Mendez and your Latinx/Chicanx community every Friday for a cafecito hour. We will discuss topics impacting Latinx/Chicanx health, wellbeing 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. Feel free to drink coffee or tea during the forum (Dra. Mendez most certainly will!) and arrive knowing you are welcome exactly as you are. Bilingual dialogue (or even a few words en Español here and there) is welcome if it supports your wellbeing and empowerment. Dra. Mendez will work with the forum each week to create an inclusive space for all folk. <https://uhealth.zoom.us/j/98172705819>

Contact(s): Kristina Mendez, Ph.D.; 858-534-3755; kcmendez@health.ucsd.edu

