ADHD Support for Undergraduate Students
Tuesdays 2:30–3:30 PM, Week 1 (3/29) – Week 10 (5/31)
If you have been diagnosed with ADHD or suspect you may have ADHD, 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 Melissa Miller, LCSW or Wende West, LCSW.
https://uchealth.zoom.us/j/89175225282
Contact(s): Melissa Miller, LCSW; 858-534-5979; mlm002@health.ucsd.edu
Wende West, LCSW; 858-822-0282; wswest@health.ucsd.edu

APIMEDA Community Forum
Tuesdays 1:00–2:00 PM, Week 1 (3/29) – Week 10 (5/31)
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, online environment. This forum is co-sponsored by APIMEDA Programs and Services. Hybrid in person (masks required) in the Sixth College lodge (in Kaleidoscope). Please register at https://bit.ly/3hPMcqF to receive access to join.
Contact(s): Louie Limas, PhD; 858-534-9057; ellimas@health.ucsd.edu
Windi Sasaki; wsasaki@ucsd.edu

Black Connections
Tuesdays 12:00–1:00 PM (3/29, 4/12, 5/10, 5/17)
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 for details.
Contact(s): Danielle Simien, LCSW; dsimien@health.ucsd.edu

Body Positivity
Thursdays 1:00–2:00 PM, Week 1 (3/31) – Week 10 (6/2)
This forum is a supportive space for students who are feeling preoccupied by their body, weight, appearance, and/or relationship with food. Focus will be on learning strategies to improve body acceptance and self compassion. Topics will include: intuitive eating, challenging self-critical thoughts, and mindfulness. This is a drop in forum and students are welcome to join each week or as able. No prior screening is required.
https://uchealth.zoom.us/j/89657165349
Contact(s): Sarah Bromley, LCSW; sebromley@health.ucsd.edu

Community Forums
Spring 2022
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.

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**Coming Out Group**

Tuesdays 3:30–5:00 PM, Week 2 (4/5) – Week 10 (5/31)

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. Meetings are in person (masks required) at Womens Resource Center.

**Contact(s):** Taylor McCavanagh, PsyD; 858-822-1355; tmccavanagh@health.ucsd.edu

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**Grief and Loss Support Forum for Undergraduate Students**

Thursdays 1:00–2:00 PM, Week 1 (3/31) – Week 10 (6/2)

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://uchealth.zoom.us/j/84507581330

**Contact(s):** Tong-An “Fred” Shueh, PhD; 858-534-3755; tshueh@health.ucsd.edu

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**Men of Color Support Hour**

Fridays 2:00–3:00 PM (4/15, 4/29, 5/13, 5/27)

A safe and supportive space for self-identified UCSD men of color and male UCSD students from under-resourced and under-represented backgrounds, to dialogue openly and honestly about navigating life as a man in-and-out of UCSD, explore and discuss intersecting identities, microaggressions and “isms,” academic, career, social, romantic, and family relationships, define who you want to be, let go of self-conscious presentations, just be "you", and support one another through the journey of navigating higher education and life.

https://uchealth.zoom.us/j/84507581330

**Contact(s):** David Diaz, PhD; dadiaz@health.ucsd.edu

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**Muslim Community Support Hour**

Tuesdays 1:00–2:00 PM, Week 1 (3/29) – Week 10 (5/31)

A forum for Muslim-identified students to discuss various issues they are experiencing in a supportive, online environment. Topics are determined by group participants and can include religion/spirituality, social justice issues, stress, anxiety, family/cultural pressures, and adjusting to UC San Diego. 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/95841231440

**Contact(s):** Nava Sedaghat, PsyD; nsedaghat@health.ucsd.edu

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**Latinx/Chicanx Cafecito Hour**

Thursdays 2:00–3:00 PM, Week 3 (4/14) – Week 10 (6/2)

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 wellbeing and empowerment. In-person meetings will return based on University safety guidelines. Check Raza Resource Centro's Instagram and Facebook for updates.

https://uchealth.zoom.us/j/83517101167

**Contact(s):** Irma Cano Murphy, LCSW; icmurphy@health.ucsd.edu
Road to Resilience for First-Generation College Students
Mondays 2:00–3:00 PM (4/11, 4/25, 5/9, 5/23)
A safe and supportive space for first-generation college students to give and receive support, and discuss topics related to academic stressors, maintaining boundaries, test anxiety, managing imposter syndrome, family issues, and other college and life experiences for optimizing success at UC San Diego.
https://uchealth.zoom.us/meeting/register/tZYkcO2rpjwsEtBW4WbOBOHVuvoBoinlUPJt
Contact(s): David Diaz, PhD; dadiaz@health.ucsd.edu

Transfer Student Support
Tuesdays 1:00–2:00 PM, Week 1 (3/29) – Week 10 (5/31)
Are you a transfer student who is having difficulty adjusting to the culture, pace, and rigor at UC San Diego? If you are, please know that you are not alone and with community you can receive and provide support to others if you join us in this forum for transfer students. We are open to discussing various issues you are experiencing in a supportive, online environment. Topics are determined by group participants and can include work-life balance, academic stressors, managing imposter syndrome, maintaining boundaries, stress/anxiety, family/cultural pressures, and adjusting to other college and life experiences at UC San Diego. This is a drop-in forum and students are welcome to join each week or as it fits their needs and schedules. No prior screening is required.
https://uchealth.zoom.us/j/81521784745
Contact(s): Emily Limas, PhD; elimas@health.ucsd.edu

ADHD Support Forum for Graduate and Professional Students
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.
Contact(s): David Kersey, MD; 858-534-3050; dkersey@health.ucsd.edu

Black Community Forum for Graduate and Professional Students
Tuesdays 3:30–4:30 PM (April 5, 19, 26 & May 3, 10, 24)
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 UC San Diego's Black Graduate and Professional Students. Conversations will be facilitated by Haile Wright, LCSW, CAPS Mental Health Therapist and GAPSWell Associate Kween Agba.
Location: The Black Graduate Experience — Living Learning Community (Nuevo East Graduate Housing, Capa building)
Contact(s): Haile Wright, LCSW; hwright@health.ucsd.edu

Burn Bright Not Out Support Forum for Graduate and Professional Students
Tuesdays 2:00–3:00 PM, Week 1 (3/29) – Week 11 (6/7)
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 setbacks, hybrid/remote work, and navigating interpersonal challenges (personal and professional). Conversations will be facilitated by Dr. Mojgan Jahan, CAPS Psychologist, and GAPSWell Associate Seraphina Solders. To see if this forum is a good fit for you, please contact Mojgan Jahan, PsyD.
https://uchealth.zoom.us/j/8562748394
Contact(s): Mojgan Jahan, PsyD; mjahan@health.ucsd.edu
Grief and Loss Support Forum for Graduate and Professional Students
Mondays 2:00–3:00 PM (4/4, 4/18, 5/2, 5/16)
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. David Diaz, CAPS Psychologist and GAPSWell Associates, Anja Payne and Seraphina Solders. Register in advance for this meeting: https://uchealth.zoom.us/meeting/register/tZAQdeiorzsoG9wrx0EiWer8nUdnOcsFUUt
Contact(s): David Diaz, PhD; dadiaz@health.ucsd.edu

International Graduate and Professional Students Support Forum
Mondays 5:00–6:00 PM, Week 1 (3/28) – Week 9 (5/23)
Are you an international student who is experiencing culture shock, stress, language barriers, homesickness or just want to connect with your fellow international students? If so, you are not alone and this space is designed for you. In this forum, we can discuss: building community wherever you are, navigating challenges related to living abroad, strategies to thrive in your new environment, prioritizing your well-being, cultivating confidence in new settings, and finding joy in new experiences. Conversations will be facilitated by Fengqin Lian, PhD and GAPSWell Associates, Neha Balaji and Summer Zhu.
https://uchealth.zoom.us/j/87435958547
Contact(s): Fengqin Lian, PhD; flian@health.ucsd.edu

Latinx Support Forum for Graduate and Professional Students
Tuesdays 3:30–4:30 PM, Week 3 (4/12) – Week 8 (5/17)
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. 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 Dania Maldonado, Graduate and Professional Student Well-Being Associate (GAPSWell). Come as you are! We look forward to chatting and meeting with you all.
https://uchealth.zoom.us/j/88340036735
Contact(s): Kimberly Knight-Ortiz, LCSW; kknightortiz@health.ucsd.edu

LGBTQ Community Forum for Graduate and Professional Students
Wednesdays 4:00–5:00 PM, Week 1 (3/30) – Week 10 (6/1)
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 academia and media, intersectionality, minority stress, feeling connected during strange times, and coping with imposter syndrome. Conversations will be facilitated by Dr. Tyler Hatchel, CAPS Psychologist, and Jasmin Ashby, Graduate and Professional Student Well-Being Associate (GAPSWell). To see if this forum is a good fit for you, please contact Dr. Tyler Hatchel for more information.
Contact(s): Tyler Hatchel, PhD; thatchel@health.ucsd.edu

WISE: Graduate Women in Science and Engineering
Wednesdays 1:00–2:00 PM, Week 1 (3/30) – Week 10 (6/1)
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.
Contact(s): Judy Goodman Fermin, PhD; 858-534-9799; jfgoodman@health.ucsd.edu