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 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.

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://uchealth.zoom.us/j/83120953632
Contact(s): Lilian Salcedo, Psy.D., 858-534-0255; lsalcedo@health.ucsd.edu

Find Your Focus: Undergraduate ADHD Support Forum
Mondays 3:00–4:00 PM (Weeks 2–10, Except 1/18 & 2/15)
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://uchealth.zoom.us/j/88932523440
Contact(s): Carly Knauf, Psy.D.; 858-534-3755; cknauf@health.ucsd.edu

More Than Dreams Support Forum
Thursdays 3:00–4:00 PM (Even Weeks 2, 4, 6, 8, 10)
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 a good fit for you, please contact Dr. Lilian Salcedo at 858-534-0255 or email at lsalcedo@health.ucsd.edu.
Contact(s): Lilian Salcedo, Psy.D., 858-534-0255; lsalcedo@health.ucsd.edu

Latinx/Chicanx Cafecito Hour
Tuesdays 3:30–4:30 PM (Weeks 1–10)
Join Dra. Kristina Mendez and your Latinx/Chicanx community every Tuesday from 3:30–4:30pm 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 folx.
https://uchealth.zoom.us/j/98172705819
Contact(s): Kristina Mendez, Ph.D.; 858-534-3755; kcmendez@health.ucsd.edu

ADHD Support Forum for Graduate and Professional School Students
Mondays 3:00–4:00 PM
January 4–March 15 (Except 1/18 & 2/15)
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 forum is a good fit for you, please contact Dr. Christina Lambert at 858-534-3035.
Contact(s): Christina Lambert, Ph.D.; 858-534-3035; cdlambert@health.ucsd.edu

@ucsdtritonsflourish | https://CAPS.ucsd.edu
Students with Dependents Forum  
First Tuesday of the month from 1–2 PM (1/5, 2/2, and 3/2)  
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://uchealth.zoom.us/j/85914107413](https://uchealth.zoom.us/j/85914107413)

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

APIMEDA Community Forum  
Tuesdays 3:00–4:00 PM (Weeks 1–10)  
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](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://uchealth.zoom.us/j/97631185797](https://uchealth.zoom.us/j/97631185797)

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

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 at 858-534-9799.

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

LGBTQ Community Forum for Graduate and Professional Students  
Thursdays 4:00–5:00 PM (Weeks 3–10)  
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 at thatchel@health.ucsd.edu.

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

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