



# May is Mental Health Awareness Month FSAP Events

Eldercare Support Group	Link: <a href="https://uhealth.zoom.us/j/87879981774">https://uhealth.zoom.us/j/87879981774</a>	5/3/2022 12pm
Parents Group	Join ListServ: <a href="https://groups.google.com/a/ucsd.edu/g/ucsdmoms-l">https://groups.google.com/a/ucsd.edu/g/ucsdmoms-l</a>	5/4/2022 12pm
The Heart and Art of Providing Pivotal Feedback	<a href="#">Meeting Registration - Zoom</a>	5/5/2022 12-1 pm
Working with ADHD: Giving and Getting	<a href="#">Meeting Registration - Zoom</a>	5/12/2022 12-1 pm
BIPOC Mental Health: Taking Care of Ourselves in the Wake of Racial Trauma	Registration Link: <a href="#">Click Here</a>	5/12/2022 3:30-5:00 pm
Mindful Pause	Register Here: <a href="#">Link</a>	5/18/2022 11:30am-12:15
Tritons Flourish	<a href="#">Meeting Registration - Zoom</a>	5/19/2022 12-1pm
Entre Cafecito y Platicas: Conversaciones Sobre Nuestro Bienestar Emocional	Contact: Jennifer Triana LCSW <a href="mailto:jtriana@UCSD.EDU">jtriana@UCSD.EDU</a>	5/20/2022 10:30-11:30am
Certainly Uncertain: Navigating a changing workplace	Register here: <a href="#">Zoom link</a>	5/23/2022 10-11 AM
Lessons from Anxiety for a Fulfilling Life	Webinar to be relaeased	5/24/2022 On Demand
Moms Group	Join ListServ: <a href="https://groups.google.com/a/ucsd.edu/g/ucsdmoms-l">https://groups.google.com/a/ucsd.edu/g/ucsdmoms-l</a>	5/25/2022 1:30pm
Supporting the Hidden Worker: Supervisory Considerations for Leaders of Diverse Employees	Register Here: <a href="#">Link</a>	5/26/2022 11am-12.30pm