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, hybrid/remote work, and navigating interpersonal challenges (personal and professional).

TUESDAYS, 2-3 PM     JAN 4 - MAR 8, 2022     VIA ZOOM
https://uchealth.zoom.us/j/8562748394

Contact Mojgan Jahan, PsyD, mjahan@health.ucsd.edu for more information.

This meeting is not professional counseling. If you would like professional counseling or mental health treatment, please call CAPS central office at (858) 534-3755 to arrange an appointment.