

Grief and Loss Support Forum for Graduate and Professional Students

CARRYING ON

Winter 2022 | Thursdays | 4-5 PM | JAN 13, JAN 27, FEB 17 & MAR 3

All meetings will be held virtually via Zoom

If you are a graduate or professional 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
- develop emotional resilience



Dr. Tyler Hatchel
CAPS Psychologist



Seraphina Solders
GAPSWell Associate
Neurosciences PhD Program



Anja Payne
GAPSWell Associate
Neurosciences PhD Program

To see if this forum is a good fit for you, please contact Dr. Tyler Hatchel at thatchel@health.ucsd.edu or call CAPS at 858-534-3755

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.