Grief and Loss Support Forum for Graduate and Professional Students

CARRYING ON

Spring 2022 | Mondays | 2-3 PM | April 4th and 18th, May 2nd and 16th

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

https://uchealth.zoom.us/meeting/register/tZAqdeiorzsoG9wrxQOEEiWer8nUdn0csFUt

Please contact Dr. David Diaz at dadiaz@health.ucsd.edu or call CAPS at 858-534-3755 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.