

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/join/9tZAgdeiorzsoG9wrxQOEeiWer8nUdn0csFUt>



Dr. David Diaz
Post-Doctoral Resident
CAPS



Seraphina Solders
GAPSWell Associate
Neurosciences PhD Program



Anja Payne
GAPSWell Associate
Neurosciences PhD Program

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.



GAPSWell Associates
UC San Diego



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Counseling and Psychological Services for
Graduate and Professional School Students

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