Bienvenidos!
To a caring space to meet peers, gain support, and share experiences!

Topics may include:
- imposter syndrome
- stress
- loneliness
- academic dynamics
- family/cultural issues
- social justice/activism
- relationships
- intersecting identities
- y mas!

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