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).

WEDNESDAYS, 1-2 PM   APRIL 7 - JUNE 2, 2021   VIA ZOOM
https://ucsd.zoom.us/j/95090531801

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.