

GRIEF AND LOSS SUPPORT FORUM FOR UNDERGRADUATE STUDENTS

Fall Quarter: Tuesdays 3–4 PM (Weeks 2–10)

Zoom: <https://ucsd.zoom.us/j/93616978191>

This is a support forum for students who wish to work through grief and loss related to death of a loved one. The journey is different for each person; there is no single pattern for grief. Topics are determined by group participants and can include sharing, giving and receiving support, common physical and emotional reactions, self-compassion, and emotional resilience. This is a drop-in forum and students are welcome to join each week or as it fits their needs and schedules.

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These meetings are not professional counseling. If you would like professional counseling or mental health treatment, please call the CAPS central office at (858) 534-3755 to arrange an appointment.

