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.

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.

Contacts: Gila Cohen, LCSW; (858) 534-3755; g2cohen@health.ucsd.edu