

Grief and Loss Support Forum for Graduate and Professional Students

CARRYING ON

Tuesdays, 3:30-4:30 PM, April 6 - June 1, 2021 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



Dr. Christina Lambert
CAPS Psychologist



Kennedy Middleton
Graduate Well-Being Associate



Anja Payne
Graduate Well-Being Associate

To see if this forum is a good fit for you, please contact
Dr. Christina Lambert at 858-534-3035, cdlambert@health.ucsd.edu

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.