

VIRTUAL OFFERING FOR FALL 2020

LET'S TALK

Informal CAPS Consultations via Zoom for
Skaggs School of Pharmacy &
Pharmaceutical Sciences Graduate Students

Facilitated by:
Dr. Sophia Chang
CAPS Psychologist



Informal support with issues such as stress/worry, sleep, motivation, focus, recovering from setbacks, work/life changes, & relationships (personal and professional). Let's Talk sessions are designed to provide practical strategies, information, & support regarding general wellness-related issues. The sessions are available in English, Mandarin, & Cantonese.

Mondays 12 - 1 PM

Please look for an email from the Skaggs School of Pharmacy coordinator with more details, including the sign-up and Zoom links. The sign up process is anonymous. At the beginning of the conversation Dr. Chang will ask for your name, student ID, and location.

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.

