Men of Color Support Hour
Fridays 2-3 PM via Zoom

A safe and supportive space for self-identified UCSD men of color and male UCSD students from under-resourced and under-represented backgrounds, to dialogue openly and honestly about navigating life as a man in-and-out of UCSD, explore and discuss intersecting identities, microaggressions and "isms," academic, career, social, romantic, and family relationships, define who you want to be, let go of self-conscious presentations, just be "you", and support one another through the journey of navigating higher education and life.

Zoom Video-Register in advance for this meeting:
https://uchealth.zoom.us/meeting/register/tZUvcOGszqgpHdb9Xm-3_Zhy66dhgebN53Cp

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.