

Men of Color Support Hour

Tuesdays 2-3 PM via Zoom

Winter 2022: 1/18, 1/25, 2/8, 2/22, 3/1



Contact: David Diaz, PhD; dadiaz@health.ucsd.edu

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/join/zoom/register/tZUvcOGsqzgpHdb9Xm-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.

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