Muslim Community Support Hour

SPRING 2022

TUESDAYS 1-2 PM, WEEKS 1-10

A drop-in forum for Muslim-identified students to discuss various issues they are experiencing in a supportive, online environment. Topics may include:

- religion/spirituality
- social justice
- stress/anxiety/depression
- family/cultural pressures
- adjusting to UC San Diego

For more information, contact Dr. Nava Sedaghat at nsedaghat@health.ucsd.edu

This meeting is 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.

https://ucsd.zoom.us/j/95841231440

caps.ucsd.edu
@ucsdtritonsflourish