Step 1
Support

Workshops for MS2s

January 14 | Thursday
12-1 pm | Via Zoom
Goal Achievement Strategies
Resilience Tips

January 21 | Thursday
12-1 pm | Via Zoom
Boost Positive Thinking
Mindful Self-Compassion

January 28 | Thursday
12-1 pm | Via Zoom
Peak Performance Method
Visualizing Success

Zoom Meeting Code | 845 9330 0900

Any Questions?
Contact Christina Lambert, PhD | (858) 534 - 3035

These workshops 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.

Dr. Christina Lambert
CAPS Psychologist

Emily Ho
MD/PhD Candidate
Graduate Well-Being Associate