



Community Forums offer a space where we can focus on building connections, sharing and exchanging ideas, and learning from each other. These forums are offered for free throughout the quarter for all the registered UC San Diego students.

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.

ADHD Support

Fridays 2:30–3:30pm, Week 1 (4/5) – Week 8 (5/24)

Looking for ADHD support? Join to connect over shared struggles, and to swap tips for inattention and procrastination. Each week we cover topics of your choice, so drop in as needed! Please email Dr. AJ Pollard to get weekly reminders!

<https://uhealth.zoom.us/j/89043482861>

Contact(s): AJ Pollard, Ph.D.; aepollard@health.ucsd.edu

Athlete Injury Drop-in Support Forum

Wednesdays 2–3pm, Week 1 (4/3) – Week 10 (6/5)

This is a drop-in support group to help Division I and Club scholar-athletes build a community in order to assist one another working through the challenges of injury and the rehabilitation process. Group leaders will also teach skills and resources that can help with these obstacles. No RSVP needed. Please contact Dr. Mariel Ruiz Stasiuk or Dr. Shane Saenz for any questions

Location: RIMAC Conference Room

Contact(s): Mariel Ruiz Stasiuk, Psy.D.
mruiuzstasiuk@health.ucsd.edu

Shane Saenz, Psy.D., CMPC; smsaenz@health.ucsd.edu

Black Connections

Odd Wednesdays 12–1pm (4/3, 4/17, 5/1, 5/15, 5/29)

Black Connections is a safe space to connect and heal with community. Discussion topics are determined by forum participants and can include social justice issues, racial trauma, stress, anxiety, family/cultural pressures, and adjusting to UC San Diego. The goal is to uplift and support one another with collective problem solving and discussion. Danielle is dedicated to creating a culturally responsive and inclusive space for the UC San Diego Black Community. This forum is co-sponsored by the Black Resource Center (BRC) and open to Black-identified students. Black Connections will be in-person at the BRC. Please check the BRC website or contact Danielle Simien, LCSW for details. Light snacks and wellness activities will be provided.

Location: BRC

Contact(s): Danielle Simien, LCSW; dsimien@health.ucsd.edu

Cafecito Hour

Wednesdays 12–1pm, Week 1 (4/10) – Week 10 (6/5)

Cafecito Hour is a forum for the Latinx/Chicanx community. We will discuss topics impacting Latinx/Chicanx health, well-being and academic success on campus and within our community. This is a space to be in community and uplift one another with collective problem solving, discussion and support. Coffee and light snacks will be provided. Arrive knowing you are welcome exactly as you are. Bilingual dialogue (or even a few words en Español here and there) is welcome if it supports your well-being and empowerment.

Location: Pepper Canyon Hall Room 264

Contact(s): Kimberly Knight-Ortiz, LCSW;
kknightortiz@health.ucsd.edu

Coming Out Group

Tuesdays 1–2pm, Week 2 (4/9) – Week 10 (6/4)

The Coming Out group is a place to meet and gain support while discussing your sexual and/or gender identities in a confidential setting. This group is for lesbian, gay, bisexual, transgender, straight, or questioning folks who are coming out, considering coming out or may already be out. Topics are determined by group participants and can include stress, fear, anxiety, loneliness, family/cultural issues, excitement and celebration with regard to coming out. Coming out is an ongoing process in life for the LGBTQ+ community, all are welcome to join.

Location: Cross Cultural Center, Price Center East, 2nd Floor

Contact(s): Taylor McCavanagh, Psy.D. (they/them);
tmccavanagh@health.ucsd.edu
Mely Quiroz (he/they/él/elle); m1quiroz@health.ucsd.edu
Tay Richardson (they/them/elle); t3rich@health.ucsd.edu

Co-Curricular Record Well-being Certificate

As part of the Tritons Flourish initiative, the RISE Well-being & Community Engagement CCR Opportunity (RISE CCR) enables all UC San Diego students to earn credit on their Co-Curricular Record for being active participants in programming that aims to promote students' well-being and build a community of care on our campus.

To learn more please visit the Co-Curricular Record website.



Grief and Loss Support Forum for Undergraduate Students

**Mondays 3–4pm, Week 2 (4/8) – Week 10 (6/3),
Except 4/22**

This is a support forum for students who wish to work through grief and loss. The journey is different for each person; there is no single pattern for grief. Topics are determined by group participants and can include sharing, giving and receiving support, common physical and emotional reactions, self-compassion, and emotional resilience. This is a drop-in forum and students are welcome to join each week or as it fits their needs and schedules. Please contact CAPS provider and forum facilitator Gila Cohen, MSW, LCSW for more information.

<https://ucsd.zoom.us/j/92572081807>

Contact(s): Gila Cohen, MSW, LCSW;
g2cohen@health.ucsd.edu

Military-Connected Student Support Forum

Wednesdays 12–1pm, Week 1 (4/3) – Week 10 (6/5)

A drop-in space for military-connected undergraduate and graduate students who are interested in building community and developing self-improvement tools in a mutually supportive and collaborative environment. Common themes include: adapting to change, transitioning into university, navigating multiple roles/identities, stress management, communication/navigating conflict, sleep, time management, and others. Participants will benefit from both peer wisdom/support and information from facilitator Dr. Mariel Ruiz Stasiuk.

Location: Student Veterans Resource Center, Conference Room

Contact(s): Mariel Ruiz Stasiuk, Psy.D.
mruizstasiuk@health.ucsd.edu

Trans and Gender Diverse Group

Tuesdays 2–3pm, Week 2 (4/9) – Week 10 (6/4)

Are you questioning your gender? Do you need a space to discuss your gender identity with others who may be going through the same thing? This group allows students to explore their thoughts and feelings related to their gender identity. Join this group to build community, share experiences, and get support while navigating the world outside the gender binary. No matter where you are on the gender spectrum, you are welcome here!

Location: Cross Cultural Center, Price Center East, 2nd Floor

Contact(s): Taylor McCavanagh, Psy.D. (they/them);
tmccavanagh@health.ucsd.edu
Mely Quiroz (he/they/él/elle); m1quiroz@health.ucsd.edu
Tay Richardson (they/them/elle); t3rich@health.ucsd.edu

The Art of Belonging- A Community Support Forum for International Students

Wednesdays 8:30-10am, (4/10, 5/8, 6/12)

The Art of Belonging- A Community Support Forum for International Students is a collaboration between CAPS and ISEO to provide a support space for international students. We're bringing CAPS to the monthly ISEO Global Coffee Hour! Build community, Connect with Other International Students, Prioritize your well-being and mental health, Navigate challenges and strategize ways to thrive, and Learn about Campus resources. Depending on the week, we'll do mindfulness & meditation exercises, arts & crafts, etc. Coffee & pastries will be provided by ISEO. Drop-ins welcome; please Register in advance if possible (registration can be found on the iEvents Calendar).

Location: Eucalyptus Grove behind the ISEO Office at the Global Coffee Hour

Contact(s): Lori Weiner, LCSW; lweiner@health.ucsd.edu
Amy Nannan, Psy.D.; a2nannan@health.ucsd.edu
Lisa Swid; lswid@ucsd.edu



Unwind the Grind with APIMEDA Programs and Services and CAPS

Mondays 3–4pm, Week 2 (4/8) – Week 10 (6/3)

An informal, drop-in group designed for Asian Pacific Islander Middle Eastern Desi American students to hang out and talk about the things they are experiencing in a supportive environment. For more information, please contact: Brian Crie, MA. Programs & Operations Coordinator, APIMEDA Programs and Services; Louie Limas, Ph.D. Staff Psychologist, CAPS; Amanda Tom, Psy.D. Staff Psychologist, CAPS.

Location: Price Center West, 2nd Floor

Contact(s): Brian Crie, M.A.; bcrie@ucsd.edu
Louie Limas, Ph.D. (CAPS); ellimas@ucsd.edu
Amanda Tom, Psy.D. (CAPS); a2tom@health.ucsd.edu

Grief and Loss Support Forum for Graduate and Professional Students

Wednesdays 4–5pm, Week 1 (4/3) – Week 11 (6/12)

This is a safe and supportive forum for graduate and professional students who wish to work through grief and loss related to death of a loved one, particularly in the context of college and campus life. This forum offers an opportunity to connect with other students experiencing loss. Topics are determined by group participants and can include sharing, giving and receiving support, common physical and emotional reactions, self-compassion, and emotional resilience. The journey is different for each person; there is no single pattern for grief. Conversations will be facilitated by Dr. Fengqin Lian, CAPS Psychologist and GAPSWell Associates. If interested, please contact Dr. Lian to obtain the forum zoom link.

Contact(s): Fengqin Lian, Ph.D.; 858-534-0252;
flian@health.ucsd.edu

Latine/x Support Forum for Graduate and Professional Students

Mondays 12:30–1:30pm, Week 1 (4/1) – Week 10 (6/3),
Except 5/27

¿Es Difícil Ser Estudiante? (Is it difficult being a student?). Join Dr. Araceli López-Arenas and Dr. Roselee Ledesma as we build community and discuss experiences related to being a Latine/x graduate and professional student. Topics are determined by forum participants and can include imposter syndrome, self-compassion, thesis/dissertation writing, post-graduation plans, stress, anxiety, acculturation, family/cultural issues, factors that impact productivity, social justice, and strengths that contribute to “ganas,” persistence, and resilience. As grad/professional students, it’s challenging to find time for our well-being, so let’s come together, have a bite to eat (light snacks will be provided), and come as you are for as little or as much as you are able to! Contact Dr. Araceli for more information or to be added to the email reminder list!

Location: Raza Resource Centro, Pepper Canyon Hall, Conference Room 264

Contact(s): Araceli López-Arenas, Ph.D., MPH;
lopezara@health.ucsd.edu



LGBTQ Community Forum for Graduate and Professional Students

Wednesdays 4–5:15pm, Week 1 (4/3) – Week 11 (6/12)

This in-person forum for persons who identify as LGBTQ+ exists to create space for community development and to foster a sense of belonging. The content is guided by community members and often focuses on LGBTQ and/or graduate and professional student issues. Examples include personal and professional relationships, queer topics in the academia and media, intersectionality, minority stress, feeling connected during strange times, and coping with imposter syndrome. Conversations will be facilitated by Dr. David Kersey. To see if this forum is a good fit for you, please contact David Kersey. Students are welcome to walk-in to a meeting as well.

Location: Cross Cultural Center, Price Center East, 2nd Floor

Contact(s): David Kersey, MD; 858-534-3050;
dkersey@health.ucsd.edu

Thesis/Dissertation Forum for Graduate and Professional Students

Tuesdays 4–5pm, Week 1 (4/2) – Week 10 (6/4)

Completing a dissertation or thesis project can be stressful and overwhelming. Join the Thesis/Dissertation Forum for GAPSWell to have a supportive space to process topics related to your project, such as: procrastination, anxiety, goal-setting, issues of perceived competence, and other struggles that can occur during the course of completing your research. The aim of this forum is to help alleviate the stress of your thesis/dissertation work, and to have a space to connect with people going through a similar process. For more information and access to the Zoom link, please email Dr. Cassandra Lawson.

<https://uhealth.zoom.us/j/87299318916>

Contact(s): Cassandra Lawson (She/They);
cmlawson@health.ucsd.edu

WISE: Graduate Women in Science and Engineering

Wednesdays 1–2pm, Week 1 (4/3) – Week 10 (6/5)

A support forum for women in STEM fields where women are underrepresented. Come experience a sense of community, support in goal attainment and encouragement in personal and professional life. To see if the forum is a good fit for you, please contact Judy Goodman Fermin, Ph.D.

Contact(s): Judy Goodman Fermin, Ph.D.; 858-534-9799;
jfgoodman@health.ucsd.edu