



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 for Undergraduate Students

Tuesdays 2:30–3:30 PM (Weeks 2–10)

If you have been diagnosed with ADHD or suspect you may have ADHD, this forum will provide a space for emotional support for students to live well with ADHD and offer tools and strategies to help manage their ADHD symptoms. To see if this group is a good fit for you, please contact Melissa Miller.

<https://uhealth.zoom.us/j/89175225282>

**Contact(s):** Melissa Miller, LCSW; 858-534-5979;  
mlm002@health.ucsd.edu

### APIMEDA Community Forum

Tuesdays 1:00–2:00 PM (Weeks 2–9)

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, online environment. This forum is co-sponsored by APIMEDA Programs and Services. Please register at <https://bit.ly/3hPMcqF> to receive access to join.

**Contact(s):** Louie Limas, PhD; 858-534-9057;  
ellimas@health.ucsd.edu

Windi Sasaki; [wsasaki@ucsd.edu](mailto:wsasaki@ucsd.edu)

### Black Connections

Tuesdays 12:00–1:30 PM (Odd Weeks 1–10)

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 and open to Black-identified students, staff, and faculty. Black Connections will be virtual until further notice. Please check the BRC website or contact Danielle Simien for details.

<https://ucsd.zoom.us/j/99606827686>

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

[@ucsdtritonsflourish](https://ucsdtritonsflourish) | [CAPS.UCSD.EDU](https://CAPS.UCSD.EDU)

### Coming Out Group

Tuesdays 3:30–5:00 PM (Weeks 1–10)

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. The group is open to new members the first 3 meetings of each quarter and then closes to maintain a safe space.

<https://uhealth.zoom.us/j/83690658171>

**Contact(s):** Taylor McCavanagh, PsyD; 858-822-1355;  
[tmccavanagh@health.ucsd.edu](mailto:tmccavanagh@health.ucsd.edu)

### Connecting and Coping

Thursdays 2:30–3:30 PM (Weeks 2-8)

This forum will provide a supportive drop-in space for students to connect with each other and develop coping skills for managing the transition back to campus. Common themes include: stress/worry management, sustaining motivation, recovering from set-backs, developing meaningful social connections, and navigating interpersonal challenges (personal and professional).

<https://ucsd.zoom.us/j/99391770817>

**Contact(s):** Gila Cohen, LCSW; [g2cohen@health.ucsd.edu](mailto:g2cohen@health.ucsd.edu)



## **COVID Connection: Support for Students in Isolation and Quarantine**

**Tuesdays 3:30–4:30 PM (Weeks 2-10)**

A supportive drop-in space for students seeking connection because of COVID-19. This space is designed to provide students with the opportunity to foster community and to talk about the stress/ worries associated with lack of in-person interaction and loneliness. Conversation will be facilitated by Dr. Michael McGlenn (he/him/his), CAPS psychologist, and Dr. Bryan Balvaneda (he/him/his), CAPS postdoctoral resident.

<https://uhealth.zoom.us/j/84566509839>

**Contact(s):** Dr. Michael McGlenn;  
mpmcglenn@health.ucsd.edu

## **Grief and Loss Support Forum for Undergraduate Students**

**Tuesdays 2:00–3:00 PM (Weeks 1–8)**

This is a support forum for students who wish to work through grief and loss related to death of a loved one. 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.

<https://ucsd.zoom.us/j/93616978191>

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

## **Men of Color Support Hour**

**Tuesdays 2:00–3:00 PM (1/18, 1/25, 2/8, 2/22, and 3/1)**

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.

[https://uhealth.zoom.us/meeting/register/tZUvcOGsqzgpHdb9Xm-3\\_Zhy66dhgebN53Cp](https://uhealth.zoom.us/meeting/register/tZUvcOGsqzgpHdb9Xm-3_Zhy66dhgebN53Cp)

**Contact(s):** David Diaz, PhD; dadiaz@health.ucsd.edu

## **Latinx/Chicanx Cafecito Hour**

**Thursdays 2:00–3:00 PM (Weeks 1–10)**

A forum for Latinx students to discuss various issues that affect this population, guided wellness topics that students experience throughout the school year and a place to find community. Virtual until further notice, check Raza Resource Centro social media posts for updates (Facebook, Instagram). Pan dulce provided for in-person meeting only.

<https://uhealth.zoom.us/j/83517101167>

**Contact(s):** Irma Cano Murphy, LCSW;  
icmurphy@health.ucsd.edu



## Road to Resilience for First-Generation College Students

Wednesdays 2:30–3:30 PM (1/19, 2/2, 2/23, 3/2, 3/16)

A safe and supportive space for first-generation college students to give and receive support, and discuss topics related to academic stressors, maintaining boundaries, test anxiety, managing imposter syndrome, family issues, and other college and life experiences for optimizing success at UC San Diego.

<https://uhealth.zoom.us/join/99245506714>

**Contact(s):** David Diaz, PhD; [dadiaz@health.ucsd.edu](mailto:dadiaz@health.ucsd.edu)

## ADHD Support Forum for Graduate and Professional Students

Mondays 4:30–5:30 PM (1/10–3/21, except 1/17, 2/21, 3/7)

If you are a graduate or professional student who has been diagnosed with ADHD or think you may have ADHD, you may benefit from participation in the ADHD Support Forum, a caring space to share experiences and strategies for better management of ADHD symptoms. Conversations will be facilitated by David Kersey, MD, and Kween Agba, Graduate and Professional Student Well-Being Associate (GAPSWell). To see if this forum is a good fit for you, please contact David Kersey, MD.

**Contact(s):** David Kersey, MD; [dkersey@health.ucsd.edu](mailto:dkersey@health.ucsd.edu)

## Black Community Forum for Graduate and Professional Students

Wednesdays 3:00–4:00 PM (Weeks 3–9)

This a weekly drop-in forum for Black Graduate and Professional Students to foster kinship and receive support through community conversations. Weekly discussion topics are determined by forum participants, and can include imposter syndrome, stress/anxiety, loneliness, family/cultural pressures, and social justice issues.

There are even opportunities for forum participants to gain experience as moderators. This community forum embraces and celebrates the diversity of mental and physical abilities, sexual orientations, nationalities, gender expressions, body-sizes, religions, and ages among UCSD's Black Graduate and Professional Students. Conversations will be facilitated by Haile Wright, LCSW, CAPS Mental Health Therapist.

<https://ucsd.zoom.us/j/99245506714>

**Contact(s):** Haile Wright, LCSW; [hwright@health.ucsd.edu](mailto:hwright@health.ucsd.edu)

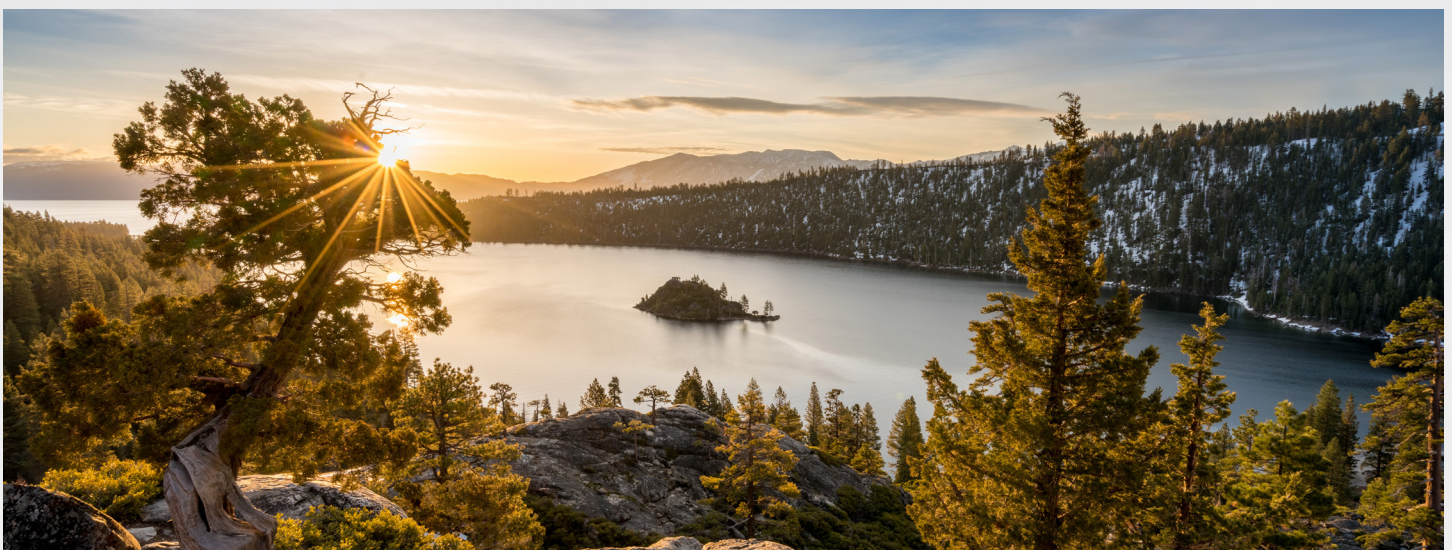
## Burn Bright Not Out Support Forum for Graduate and Professional Students

Tuesdays 2:00–3:00 PM (Weeks 1–10)

A supportive drop-in space for graduate and professional students seeking strategies for preventing and overcoming burnout. Common themes include: stress/worry management, sustaining motivation, recovering from setbacks, hybrid/remote work, and navigating interpersonal challenges (personal and professional). Conversations will be facilitated by Dr. Mojgan Jahan, CAPS Psychologist, and Graduate and Professional Student Well-Being Associates (GAPSWell). To see if this forum is a good fit for you, please contact Mojgan Jahan, PsyD.

<https://uhealth.zoom.us/j/8562748394>

**Contact(s):** Mojgan Jahan, PsyD; [mjahan@health.ucsd.edu](mailto:mjahan@health.ucsd.edu)



## **Grief and Loss Support Forum for Graduate and Professional Students**

**Thursdays 4:00–5:00 PM (4 sessions: 1/13, 1/27, 2/17, 3/3)**

If you are a graduate or professional student who wishes to work through grief and loss related to death of a loved one, you may benefit from participation in this forum, a caring space to share experiences; give and receive support; explore common physical and emotional reactions; honor the uniqueness of each person's journey; practice self-compassion; and develop emotional resilience.

Conversations will be facilitated by Dr. Tyler Hatchel, CAPS Psychologist, and Anja Payne, Graduate and Professional Student Well-Being Associate (GAPSWell). To see if this forum is a good fit for you, please contact Dr. Tyler Hatchel.

**Contact(s):** Tyler Hatchel, PhD; [thatchel@health.ucsd.edu](mailto:thatchel@health.ucsd.edu)

## **Latinx Support Forum for Graduate and Professional Students**

**Tuesdays 3:30–4:30 PM (Weeks 2–9)**

The Graduate and Professional Students Latinx Forum is a place to meet peers and gain support while discussing the multiple experiences one has as a Latinx student here at UC San Diego. This forum is for graduate and professional students. Topics are determined by forum participants and can include imposter syndrome, stress, anxiety, loneliness, family/cultural issues, social justice concerns and excitement about being part of an awesome community.

The forum is open to new members throughout the quarter. Conversations will be facilitated by Kimberly Knight-Ortiz, LCSW/CAPS Clinician and José Delgado, Graduate and Professional Student Well-Being Associate (GAPSWell). Come as you are! We look forward to chatting and meeting with you all.

<https://uhealth.zoom.us/j/88340036735>

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

## **LGBTQ Community Forum for Graduate and Professional Students**

**Wednesdays 4:00–5:00 PM (Weeks 1–10)**

This forum is meant to create space for community development and a sense of belonging. The content is directed by community members and is often focused on LGBTQ and/or graduate and professional student issues. Examples include personal and professional relationships, queer topics in the academic and media, intersectionality, minority stress, feeling connected during strange times, and coping with imposter syndrome. Conversations will be facilitated by Dr. Tyler Hatchel, CAPS Psychologist, and José Delgado, Graduate and Professional Student Well-Being Associate (GAPSWell). To see if this forum is a good fit for you, please contact Dr. Tyler Hatchel for more information.

**Contact(s):** Tyler Hatchel, PhD; [thatchel@health.ucsd.edu](mailto:thatchel@health.ucsd.edu)

## **Loved Ones with Serious Illness, a Support Forum for Graduate and Professional Students**

**Thursdays 4:00–5:00 PM (4 sessions: 1/20, 2/3, 2/24, 3/10)**

If you are a graduate or professional student who is caring for or concerned about a loved one with a serious, progressive, chronic, debilitating, life-threatening and/or terminal health condition, including serious mental health conditions and/or substance abuse, you may benefit from participation in this forum, a caring space to share experiences; give and receive support; examine meaning of life; practice self-compassion; and explore radical acceptance. Conversations will be facilitated by Dr. Tyler Hatchel, CAPS Psychologist, and Anja Payne, Graduate and Professional Student Well-Being Associate (GAPSWell). To see if this forum is a good fit for you, please contact Dr. Tyler Hatchel.

**Contact(s):** Tyler Hatchel, PhD; [thatchel@health.ucsd.edu](mailto:thatchel@health.ucsd.edu)

## **WISE: Graduate Women in Science and Engineering**

**Wednesdays 1:00–2:00 PM (Weeks 2–10, except 2/9)**

This is a support space for graduate women in the hard sciences, math or engineering fields where women are under-represented. Our goal is to foster a sense of community and support toward the attainment of goals and to encourage self-empowerment to increase and develop a vision for one's personal and professional life. To see if this forum is a good fit for you, please contact Dr. Judy Goodman.

**Contact(s):** Judy Goodman Fermin, PhD; 858-534-9799; [jfgoodman@health.ucsd.edu](mailto:jfgoodman@health.ucsd.edu)

