

Grief and Loss Support Forum for Graduate and Professional Students

CARRYING ON

Fall 2021 | Thursdays | 4-5 PM | OCT 7, OCT 21, NOV 4 & DEC 2

The first three meetings will take place via zoom, last meeting will be in-person if possible.

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
- develop emotional resilience



Dr. Christina Lambert
CAPS Psychologist



Anja Payne
GAPSWell Associate

To see if this forum is a good fit for you, please contact
Dr. Christina Lambert at 858-534-3035, cdlambert@health.ucsd.edu

This meeting is not professional counseling. If you would like professional counseling or mental health treatment, please call CAPS central office at (858) 534-3755 to arrange an appointment.