

INTERNATIONAL GRADUATE AND PROFESSIONAL STUDENTS SUPPORT FORUM

Winter 2022 | 1/24 - 3/7 | Mondays 5 - 6 pm
<https://uchealth.zoom.us/j/87435958547>



Are you an international student who is experiencing culture shock, stress, language barriers, homesickness or just want to connect with your fellow international students? If so, you are not alone and this space is designed for you. In this forum, we can discuss:

- building community wherever you are
- navigating challenges related to living abroad
- strategies to thrive in your new environment
- prioritizing your well-being
- cultivating confidence in new settings
- finding joy in new experiences

Connect with familiar and new cultures!
Share favorite experiences, interests and traditions!
Celebrate our diverse community!



Neha Balaji
MS Bioengineering
GAPSWell Associate



Dr. Fengqin Lian
CAPS Psychologist



Summer Zhu
MPH Program
GAPSWell Associate

To see if this forum is a good fit for you, please contact:
Dr. Fengqin Lian at flian@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.