

LOVED ONES WITH SERIOUS ILLNESS

A Support Forum for Graduate and Professional Students

Fall 2021 | Thursdays | 4-5 PM | Via Zoom

Oct 14, Oct 28, Nov 18 & Dec 9



Are you 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?

If so, you may benefit from joining this forum, a caring space:

- to share experiences
- give and receive support
- examine meaning of life
- practice self-compassion
- explore radical acceptance



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.