

Asian American Community Forum

the many faces of community

This informal drop-in group is designed to talk about topics relevant to Asian, Pacific Islander, Middle Eastern, Desi American (APIMEDA) students at UCSD in a supportive and problem-solving atmosphere. UCSD students, staff and faculty are welcome to attend!



Fall Quarter 2017

Tuesdays 12:00-1:30pm

Cross Cultural Center's Conference Room

Bring your lunch and join us!

- 1, 10/3: Meet and Greet: Come meet & chat with Drs. Dianna, Leah, Sachiko & Sheva.
- 2, 10/10: Open discussion
- 3, 10/17: Learn stress management strategies to help you prepare for midterms.
- 4, 10/24: Bring your yoga mat & join Dr. Dianna for meditation & yoga.
- 5, 10/31: Do your parents stress you out? Let's talk about it.
- 6, 11/7: Moving Between Worlds: Exploring APIMEDA women's roles & identities.
- 7, 11/14: Open discussion
- 8, 11/21: Bring your yoga mat & join Dr. Dianna for meditation & yoga.
- 9, 11/28: Learn stress management strategies to help you prepare for finals.
- 10, 12/5: Open discussion

For more information, please contact:

Dr. Leah Tappero, Ph.D.,

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caps.ucsd.edu/groups

This meeting is 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.



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