COMMUNITY OPEN FORUMS: FALL 2019

BELONG • BE YOU • BE WELL

COMING OUT GROUP
Time: Tuesdays 3:30-5:00 pm (Weeks 1-10)
Location: Women’s Center Small Group Room
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 safe space. First Fall Meeting is Tuesday, Oct. 1st
Contact: Dr. Cat Thompson, Ph.D. 858-534-3987 or cathompson@ucsd.edu

GRADUATE AND PROFESSIONAL STUDENT SUPPORT FORUM
Time: Tuesdays, 12:00-1:00 pm (Weeks 2-9)
Location: GSA Grad Lounge, Original Student Center (by Triton Food Pantry & Art of Espresso)
A supportive drop-in space for graduate and professional school students seeking strategies for resilience, perseverance, and flourishing. Common themes include: stress management, sustaining motivation, recovering from set-backs, work/life balance, and navigating interpersonal challenges (personal and professional).
Contact: Dr. Miriam Adrianowicz, Psy.D. 858-534-3456 or madrianowicz@ucsd.edu

GAY MEN’S RELATIONSHIP FORUM
Time: Monday 2:30-4:00 pm (Weeks 2-10)
Location: Women’s Center Small Group Room
Starting week 2, join CAPS and the LGBT Resource Center for conversations about our experiences as gay men. This forum addresses relationships, sexual health, community building, and more!
We meet during Weeks 2-10 (excluding holidays) in the Fall, Winter, and Spring Quarters on, in the Women’s Center Small Group Room. Come join us!
Contact: Dr. Greg Koch, Psy.D. 858-534-3585 or gkoch@ucsd.edu

OUTSIDE OF THE BOX FORUM
Time: Thursday 5:00-6:30 pm (Weeks 1, 3, 5, 7, 9)
Location: Cross Cultural Center, Tranquility Room (Price Center East, 2nd Floor)
This informal group is a safe space for students, faculty, and staff of mixed/multiracial/multiethnic and other non-dominant identities to share their experiences and discuss issues in an open and supportive, community atmosphere. This group is co-sponsored by the Cross Cultural Center.
Contact: Dr. Cat Thompson, Ph.D. 858-534-3987 or cathompson@ucsd.edu

BLACK WOMEN’S COLLECTIVE
Time: Thursdays 5:00-6:30 pm (Weeks 2, 4, 6, 8, 10)
Location: Women’s Center
Join us for conversations about our experience as black women and connect with other women on campus. Light refreshments will be provided.
Contact: Dr. Cat Thompson, Ph.D. 858-534-3987 or cathompson@ucsd.edu

ASIAN AMERICAN COMMUNITY FORUM
Time: Tuesday, 12:00-1:00 pm (Weeks 1, 3, 5, 7, 9)
Location: Cross Cultural Center
This informal drop-in group is designed to talk about topics relevant to Asian American students at UCSD in a supportive and problem-solving atmosphere. Issues such as career and academic success, family pressures, cultural identity, and relationships are common topics.
Contact: Dr. Dianna Quach, Ph.D. 858-534-7710 or diquach@ucsd.edu

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.

T R I T O N S F L O U R I S H

@UCSDCAPS @UCSDWPE @UCSDTRITONSFLOURISH

Community forums offer a space where we focus on building connections, sharing and exchanging ideas, and learning from each other. These CAPS Forums are offered for free throughout the quarter and students can drop in at any time.