COMMUNITY FORUMS: FALL 2020

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CLIMATE CHANGE SUPPORT FORUM
Mondays 3:00-4:00 PM (Weeks 1, 3 and 5) https://uchealth.zoom.us/j/9129872204
You may be experiencing immediate impacts related to climate change, related concerns about the future, or both. The effects of climate change can have an impact on our wellbeing. It can be especially difficult when we are physically distant from our support systems and communities. We will gather in a virtual community to discuss forum member’s concerns, support one another, and explore ways to balance climate-related stressors with living a meaningful and engaged life.
Contact: Kristina Mendez, Ph.D.; 858-534-3755; kcmendez@health.ucsd.edu

COMING TOGETHER
Mondays 3:00-4:00 PM (Weeks 1-10) https://uchealth.zoom.us/j/95832992164
This forum is a space for international students to come together for support and connection. Topics are open and can include coping with COVID and current events, adjusting to a new culture, and any issues that are relevant to the experience of an international student at UC San Diego.
Contact: Rina Schul, Ph.D.; 858-534-1768; rschul@health.ucsd.edu

COMING OUT GROUP
Tuesdays 3:30-5:00 pm (Weeks 1-10) https://uchealth.zoom.us/j/97631185797
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.
Contact: Cat Thompson, Ph.D.; 858-534-3987; catthompson@health.ucsd.edu

FIND YOUR FOCUS: UNDERGRADUATE ADHD SUPPORT FORUM
Mondays 3:00-4:00 PM (Weeks 1-10) https://uchealth.zoom.us/j/88932523440
Do you have ADHD or struggle to maintain your attention and stay focused, especially while learning online? Join our forum to connect with other undergraduate students and develop strategies and skills to manage ADHD symptoms and feel more successful as you navigate online learning. This is a drop-in forum and students are welcome to join each week or as it fits their needs and schedules.
Contact: Carly Knauf, Psy.D.; 858-534-3755; cknau@health.ucsd.edu

ADHD SUPPORT FORUM FOR GRADUATE AND PROFESSIONAL SCHOOL STUDENTS
Mondays 3:00-4:00 PM (Weeks 1-10)
If you are a graduate or professional school student who has been diagnosed with ADHD or think you may have ADHD, you may benefit from participation in the ADHD Support Forum, a caring space to share experiences and strategies for better management of ADHD symptoms. This forum is by referral only; to see if this group is a good fit for you, please contact Dr. Christina Lambert at 858-534-3035.
Contact: Christina Lambert, Ph.D.; 858-534-3035; cdlambert@health.ucsd.edu

MINDFUL SCHOLARS - A GRADUATE & PROFESSIONAL STUDENT FORUM
Tuesdays 3:00-4:00 PM (Weeks 1-10) https://ucsd.zoom.us/j/93108348015
Join your graduate student community to engage in formal practice, contemplate the implications, and process your experiences- 1) Learn to refine awareness and insight 2) Find equanimity and compassion 3) Explore acceptance of self and time.
Contact: Tyler Hatchel, Ph.D.; 858-534-3755; thatchel@health.ucsd.edu

Community Forums offer a space where we can focus on building connections, sharing and exchanging ideas, and learning from each other. These forums are offered for free throughout the quarter for all the registered UCSD students.

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.

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COMMUNITY FORUMS: FALL 2020
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TRITONS COPING AND CONNECTING FORUM
Tuesdays 1:00-2:00 PM (even weeks 2, 4, 6, 8, & 10)
https://uchealth.zoom.us/j/95723573490

The Tritons Coping and Connecting Forum is a space for students to come together to check in about your experience during the unprecedented circumstances of this Fall Quarter. This forum offers a space to connect, support, and share resources during the time of Covid-19 and discussion topics may include stresses of virtual learning, Zoom fatigue, physical distancing, and social disconnection. This forum is open to both graduate and undergraduate students.

Contact: Lori R. Weiner, LCSW; 858-534-7403; lweiner@health.ucsd.edu
Sarah Bromley, LCSW; 858-822-2682; sebromley@health.ucsd.edu

OUTSIDE OF THE BOX FORUM
Thursdays 3:30-5:00 PM (odd Weeks 1, 3, 5, 7, 9)

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. Please contact Dr. Thompson to sign up.

Contact: Cat Thompson, Ph.D.; 858-534-3987; cathompson@health.ucsd.edu

LATINX/CHICANX CAFECITO HOUR
Tuesdays 3:30-4:30 PM (Weeks 1-10)
https://uchealth.zoom.us/j/98172705819

Join Dra. Kristina Mendez and your Latinx/Chicano/a community every Tuesday from 3:30-4:30pm for a cafecito hour. We will discuss topics impacting Latinx/Chicano/a health, wellbeing and academic success on campus and in the world. This is a space to be in community and uplift one another with collective problem solving, discussion and support. Feel free to drink coffee or tea during the forum (Dra. Mendez most certainly will!!) and arrive knowing you are welcome exactly as you are. Bilingual dialogue (or even a few words en Español here and there) is welcome if it supports your wellbeing and empowerment. Dra. Mendez will work with the forum each week to create an inclusive space for all folx.

Contact: Kristina Mendez, Ph.D.; 858-534-3755; kcmendez@health.ucsd.edu

BLACK WOMEN’S COLLECTIVE
Thursdays 3:30-5:00 PM (even weeks 2, 4, 6, 8, 10)

Join us for conversations about our experience as black women and connect with other women on campus. Please contact Dr. Thompson to sign up.

Contact: Cat Thompson, Ph.D.; 858-534-3987; cathompson@health.ucsd.edu

STUDENTS WITH DEPENDENTS FORUM
Tuesdays 1:00-2:00 PM (odd weeks 3, 5, 7, & 9)
https://uchealth.zoom.us/j/91384635003

The Students with Dependents Forum is a drop in forum for students who identify as student parents, guardians or caregivers. The forum offers a confidential space to connect, support, and share resources. This forum is open to both graduate and undergraduate students.

Contact: Sarah Bromley, LCSW; 858-822-2682; sebromley@health.ucsd.edu
Lori R. Weiner, LCSW; 858-534-7403; lweiner@health.ucsd.edu

WISE: GRADUATE WOMEN IN SCIENCE AND ENGINEERING
Wednesdays 1:00-2:00 PM (Weeks 1-10)

This is a support space for graduate women in the hard science and engineering fields where women are under-represented. Our goal is to foster a sense of community and support toward the attainment of goals and to encourage self-empowerment to increase and develop a vision for one’s personal and professional life. This forum is by referral only; to see if this group is a good fit for you, please contact Dr. Judy Goodman at 858-534-7979.

Contact: Judy Goodman Fermin, Ph.D.; 858-534-9799; jfgoodman@health.ucsd.edu

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