COMMUNITY OPEN FORUMS: SPRING 2019

BELONG • BE YOU • BE WELL

ASIAN AMERICAN COMMUNITY FORUM
Time: Tuesdays, 12-1pm (Weeks 1, 3, 5, 7 & 9)
Location: Conference Room at the Cross Cultural Center
This informal drop-in group is designed to talk about topics relevant to Asian, Pacific Islander, Middle Eastern, Desi American (API-MEDA) students at UCSD in a supportive and problem-solving atmosphere. UCSD students, staff and faculty are welcome to attend all or any part of the forum. 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

GAY MEN’S RELATIONSHIP FORUM
Time: Mondays, 2:30-4pm (Weeks 2-10)
Location: Women’s Center Small Group Room
Join us for conversations about our experiences as gay men, and connect with other gay men on campus. This group addresses relationships, sexual health, community building and more.
Contact: Dr. Gregory Koch, Psy.D. (858) 534-3585 or gkoch@ucsd.edu

OUTSIDE THE BOX FORUM
Time: Thursdays, 3:30-5pm (Weeks 1, 3, 5, 7, & 9)
Location: Cross Cultural Center, Tranquility Room
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 forum is co-sponsored by the Cross Cultural Center. Please contact Dr. Thompson if you plan to attend.
Contact: Dr. Cat Thompson, Ph.D. (858) 534-3987 or cathompson@ucsd.edu

SOUTH ASIAN (DESI) COMMUNITY FORUM
Time: Tuesdays 12-1pm (Weeks 2 [4/9], 4 [4/23], 6 [5/7], & 8 [5/21])
Location: Conference Room at the Cross Cultural Center
Join us each week for conversations about Culture, Gender & Patriarchy, Dating, Love & Relationships, Gender, Gender Roles & Heteronormity in South Asian culture, Self-care & Compassion: Improve your Well-being (for May As Mental Health Month), "Unfair & Not Lovely": Colorism in South Asia, Coping with setbacks: Redefine Failures into Success, Life post-college (e.g., graduate school, jobs, OPT) and Being South Asian in Today’s USA.
Contact: Dr. Niyatee Sukumaran, Ph.D. (858) 534-9057 or nsukumaran@ucsd.edu

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.

These meetings are not professional counseling. If you would like professional counseling or mental health treatment please call the CAPS central office at 8580-534-3755 to arrange an appointment.

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GRADUATE STUDENTS OF COLOR FORUM
Time: Tuesdays, 1-2pm
(Weeks 2 [4/9], 4 [4/23],
6 [5/7], & 8 [5/21])
Location: GSA Lounge,
Original Student Center
(near Art of Espresso and
Triton Food Pantry)
Join us to connect and discuss about
various topics from a multicultural lens,
which includes managing stress and
improving well-being, communication
with your advisor(s), dealing with
imposter syndrome, family
responsibilities, relationships (romantic
or social), current sociopolitical climate,
experiences of discrimination, etc.
Contact: Dr. Niyatee
Sukumaran, Ph.D. (858) 534-9057
or nsukumaran@ucsd.edu

RESILIENCE: GRADUATE STUDENT & PROFESSIONAL SCHOOL STUDENT SUPPORT FORUM
Time: Wednesdays, 2-3pm
(April 10th- May 29th)
Location: GSA Lounge, Original
Student Center (near
Art of Espresso and
Triton Food Pantry)
“Resilience” is 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. Christina Lambert, Ph.D.
(858) 534-3035

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