**COMMUNITY OPEN FORUMS: SPRING 2020**

**COMING OUT GROUP**

**Time:** Tuesdays 3:30-5:00 pm (Weeks 1-10)
**Location:** [https://uchealth.zoom.us/j/257357014](https://uchealth.zoom.us/j/257357014)

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 Spring Meeting is Tuesday, March 31st.

**Contact:** Dr. Cat Thompson, Ph.D.  858-534-3987 or cathomspencer@ucsd.edu

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**GRADUATE STUDENTS OF COLOR FORUM**

**Time:** Tuesdays, 1:00-2:00 pm (Weeks 2-7)
**Location:** [https://uchealth.zoom.us/j/7895990913](https://uchealth.zoom.us/j/7895990913)

Join us every Tuesday beginning weeks 2-7 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@health.ucsd.edu

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**GRADUATE AND PROFESSIONAL STUDENT SUPPORT FORUM**

**Time:** Tuesdays, 12:00-1:00 pm (Weeks 2-9)
**Location:** [https://uchealth.zoom.us/j/652831479](https://uchealth.zoom.us/j/652831479)

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 setbacks, work/life balance, and navigating interpersonal challenges (personal and professional).

**Contact:** Dr. Miriam Adrianowicz, Psy.D. or madrianowicz@health.ucsd.edu

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**BLACK WOMEN’S COLLECTIVE**

**Time:** Thursdays 5:00-6:30 pm (Weeks 2, 4, 6, 8, 10)
**Location:** [https://uchealth.zoom.us/j/343549421](https://uchealth.zoom.us/j/343549421)

Join us for conversations about our experience as black women and connect with other women on campus.

**Contact:** Dr. Cat Thompson, Ph.D.  858-534-3987 or cathomspencer@ucsd.edu

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**GAY MEN’S RELATIONSHIP FORUM**

**Time:** Mondays, 2:30-4:00 pm (Weeks 2-10)
**Location:** [https://uchealth.zoom.us/j/199807711](https://uchealth.zoom.us/j/199807711)

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. Come join us!

**Contact:** Dr. Greg Koch, Psy.D.  858-534-3585 or gkoch@ucsd.edu & Dr. Andy Nguyen, Psy.D.  858-534-3755 or ann010@health.ucsd.edu

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**APIMEDA COMMUNITY & SOUTH ASIAN/DESI FORUM**

**Time:** Tuesdays, 12:00-1:00 pm (Weeks 1-10)
**Location:** [https://bit.ly/3dqKt7q](https://bit.ly/3dqKt7q)

Join us on Tuesdays for conversations related to concerns of Asian/Pacific Islander American and South Asian students at UCSD. This drop-in forum is supportive and problem-solving atmosphere, and topics addressed include career and academic success, family pressures, cultural and intersecting identities, and relationships, life post-college (e.g., graduate school, jobs, OPT for Asian International students), and being Asian/Asian American in Today’s USA.

**Contact:** Dr. Dianna Quach, Ph.D.  858-534-7710 or diquach@ucsd.edu & Dr. Niyatee Sukumaran, Ph.D.  858-534-9057 or nsukumaran@health.ucsd.edu

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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.

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**CAPS UC SAN DIEGO**

**TRITONS FLOURISH**

@UCSDWPE @UCSDTRITONSFLOURISH

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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.