

### *Asian American Community Forum*

Time: Tuesdays, 12-1pm (Weeks 3, 5, 7 & 9) | Location: Conference Room at the Cross Cultural Center

Description: 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 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

### *Black Women's Collective*

Time: Thursdays, 5-6:30pm (Weeks 2, 4, 6, 8 & 10) | Location: Women's Center

Description: Join us for an informal conversation about our experiences as Black women and connect with other Black women on campus. Light refreshments will be provided.

Contact: Dr. Cat Thompson, Ph.D. (858) 534-3987 or [cathompson@ucsd.edu](mailto:cathompson@ucsd.edu)

### *Gay Men's Relationship Forum*

Time: Mondays, 2:30-4pm (Weeks 2-10) | Location: Women's Center Small Group Room

Description: 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](mailto:gkoch@ucsd.edu)

### *Graduate Students of Color Forum*

Time: Tuesdays, 1-2pm (January 15th – March 12th)

Location: GSA Lounge, Original Student Center (near Art of Espresso and Triton Food Pantry)

Description: 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](mailto:nsukumaran@ucsd.edu)

### *Outside the Box Forum*

Time: Thursdays, 5-6:30pm (Weeks 5, 7, & 9) | Location: Cross Cultural Center, Tranquility Room

Description: 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](mailto:cathompson@ucsd.edu)

### *Resilience: Graduate Student & Professional School Student Support Forum*

Time: Wednesdays, 2-3pm (January 16th – March 13th)

Location: GSA Lounge, Original Student Center (near Art of Espresso and Triton Food Pantry)

Description: "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, recovering from set-backs, work/life balance, and navigating interpersonal challenges.

Contact: Dr. Christina Lambert, Ph.D. (858) 534-3035

### *South Asian (Desi) Community Forum*

Time: Tuesdays 12-1pm (Weeks 4, 6 & 8) | Location: Conference Room at the Cross Cultural Center

Description: 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](mailto:nsukumaran@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.