Graduate & Professional School Student Support Forum  
**Time:** Wed, 2 - 3 pm, 4/10 - 5/29 | **Location:** GSA Grad Lounge, Original Student Center  
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.  
**Contact:** Christina Lambert, Ph.D. or CAPS Central Office at (858) 534-3755

Graduate & Professional School Students of Color Forum  
**Time:** Tue, 1 - 2 pm, 4/9, 4/23, 5/7, 5/21 | **Location:** GSA Grad Lounge, Original Student Center  
Join us to connect and discuss experiences as graduate students of color. This forum will provide a supportive space to discuss topics from a multicultural lens, including: stress management, well-being, communication with your advisor(s), imposter syndrome, family responsibilities, romantic relationships or social, multicultural identities, sociopolitical climate, experiences of discrimination, and more.  
**Contact:** Dr. Niyatee Sukumaran at (858) 534-9057

WISE Forum: Graduate Women in Science and Engineering  
**Time:** Wed, 1 - 2 pm | By Referral Only  
Please join us for a weekly support group for graduate women in the sciences or engineering fields where women are underrepresented. 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.  
**Contact:** Judy Goodman Fermin, Ph.D. at 858-534-9799

Mindful Self-Compassion Workshops  
**Time:** Wed, 1 - 2 pm, 5/22 & 5/29 | **Location:** GSA Grad Lounge, Original Student Center  
Learn to use mindful self-compassion as an effective stress management strategy. Engage in relaxation & mindfulness. Participants are welcome to drop in for one or both workshops. Based on the work of researchers Kristin Neff, Ph.D. & Christopher Germer, Ph.D.  
**Contact:** Christina Lambert, Ph.D. or CAPS Central Office at (858) 534-3755

Graduate & Professional School Students: De-Stress With Biofeedback  
**Time:** Wed. 1:00 - 2:45 pm, 5/1 | **Location:** Murray’s Place, SHS Conference Room  
Learn to manage your stress by using relaxation techniques while your physiological markers are monitored. Drop in for 15 minute individual consultations. Facilitators are Dr. Ming-Che Tu and Dr. Niyatee Sukumaran.  
**Contact:** Dr. Niyatee Sukumaran at (858) 534-9057

Dialogue for APIA Residents of Graduate & Family Housing  
**Time:** Mon, 12 - 1 pm, 5/6 | **Location:** Mesa Nueva Large Conference Room  
Join us to discuss, learn, and share about the intersection of our identities, culture, and mental health experienced by APIA graduate and professional school students and families. Topics will include stress management, familial and cultural influences, community-building, and more. Dialogue facilitated by Dr. Niyatee Sukumaran, UC San Diego CAPS Psychologist.  
**Contact:** Dr. Niyatee Sukumaran at (858) 534-9057

These meetings are not professional counseling. If you would like professional counseling or mental health treatment, please call CAPS central office at (858) 534 - 3755 to arrange an appointment.