



# RESILIENCE

## Graduate & Professional School Students Support Forum

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.

**Winter 2019**  
**Wednesdays, 2-3 pm**  
**Jan 16 - Mar 13**  
(weeks 2-10)

**GSA Grad Lounge**  
**Original Student**  
**Center**  
(by Triton Food Pantry  
& Art of Espresso)

**Facilitated by:**  
**Christina Lambert,**  
**Ph.D.**  
**CAPS Psychologist**



**This meeting is 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.**

