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:

• increase social connections during the Covid-19 pandemic
• improve self-care and well-being
• stress management
• communication with advisor(s)
• imposter syndrome
• family responsibilities
• relationships (romantic or social)
• sociopolitical climate
• experiences of discrimination

Resuming Fall 2020

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.