Graduate & Professional School Students of Color Forum

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
- and more!

Spring 2020
https://uchealth.zoom.us/j/7895990913
Every Tuesday 1 - 2 pm
Weeks 2-7
Facilitated by:

Dr. Niyatee Sukumaran
CAPS Psychologist
(858) 534 - 9057
https://caps.ucsd.edu/groups.html

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.