GRADUATE & PROFESSIONAL SCHOOL STUDENT 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, sustaining motivation, recovering from set-backs, work/life balance, and navigating interpersonal challenges (personal and professional).

Spring 2019 Drop In
Wednesdays 2 - 3 pm
Apr 10 - May 29 (weeks 2 - 9)
GSA Grad Lounge
Original Student Center
(by Triton Food Pantry & Art of Espresso)

Facilitated by:
Christina Lambert PhD
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.