GRADUATE & PROFESSIONAL SCHOOL STUDENT SUPPORT FORUM

A supportive drop-in space for graduate and professional school students seeking strategies for resilience and perseverance during uncertain times. Common themes include: stress/worry management, sustaining motivation, recovering from set-backs, work/life changes, and navigating interpersonal challenges (personal and professional).

Spring 2020
Drop In
Tuesdays 12 - 1 pm Apr 7 - May 26
(weeks 2 - 9)
https://uchealth.zoom.us/j/652831479

Facilitated by:
Miriam Adrianowicz
Psy.D.
Post Doctoral Resident

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.