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).

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.