Informal support with issues such as stress/worry, sleep, motivation, focus, recovering from setbacks, work/life changes, and relationships (personal and professional). Let’s Talk sessions are designed to provide practical strategies, information, and support regarding general wellness-related issues.

**July and August**
- **Dr. Lambert:** Wednesdays 9 - 11:30 AM
- **Dr. Lian:** Wednesdays 1 - 3:30 PM
- **Dr. Koch:** Thursdays 1 - 3:30 PM

Please look for an email from your graduate coordinator with more details, including the sign-up and Zoom links. The sign-up process is anonymous. At the beginning of the conversation you will be asked for your name, student ID, and location.

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.