



Community Connections offer a space where we can focus on building connections, sharing and exchanging ideas, and learning from each other. These programs are offered for free throughout the quarter.

CAPS programs are open to all currently registered UC San Diego students, regardless of race, color, national origin, or any other protected status. These meetings are not professional counseling. If you would like professional counseling or mental health treatment, please call the CAPS Central Office at (858) 534-3755 to arrange an appointment.

ADHD Coaching for Undergraduate Students

Every Other Tuesday 2–3pm (1/14, 1/28, 2/11, 2/25, 3/11)

Is ADHD impacting your life? Join Dr. Dixon on a 5-week structured, educational, and skills-building space welcome to all students in need of support with attention and focus. Each week covers a core component of executive functioning to help improve your ability to manage daily tasks and responsibilities. Topics include: Organization/Planning Skills, Memory & Attention, Emotional Regulation, Mental Flexibility, & Impulse Control. Email to receive the schedule, reminders, and invitation link.

Contact(s): Crystal Meng Dixon, Psy.D.; crdixon@health.ucsd.edu

Black Connections

Every Other Tuesday 2–3pm (1/7, 1/21, 2/4, 2/18, 3/4)

Black Connections provides an opportunity to connect and heal with the UC San Diego Black/African American Community. Discussion topics are determined by participants and can include social justice issues, well-being, stress, family/cultural pressures, and adjusting to UC San Diego. The goal is to uplift and support one another with collective problem solving and discussion. Danielle Simien, LCSW and Meg Olinger, LMFT are dedicated to creating a culturally responsive and inclusive space. Black Connections is co-sponsored by the [Black Resource Center \(BRC\)](#) and open to all students. Light snacks and wellness activities will be provided.

Location: Black Resource Center (BRC)

Contact(s): Danielle Simien, LCSW; dsimien@health.ucsd.edu
Meg Olinger, LMFT; meolinger@health.ucsd.edu

Cafecito Hour

Wednesdays 12–1pm, Week 1 (1/8) – Week 10 (3/12)

Join Kimberly Knight-Ortiz, LCSW and your community for Cafecito Hour. We will discuss topics impacting Latine and Chicane health, well-being and academic success on campus and in the world. This is a space to be in community and uplift one another with collective problem solving, discussion and support. Coffee and light snacks will be provided. Bilingual dialogue is welcome if it supports your well-being and empowerment. For any questions feel free to contact Kimberly Knight-Ortiz. All students are welcome.

Location: RAZA Resource Center

Contact(s): Kimberly Knight-Ortiz, LCSW;
kknightortiz@health.ucsd.edu

Change Curious: Reflecting on Substance Use

Fridays 11am–12pm, Week 0 (1/3) – Week 11 (3/21)

Are you looking to explore a change to your alcohol, nicotine, marijuana, or other drug use? This support space is a judgment-free zone to discuss your use, whether you are looking to cut back, stop using, learn how to safely use, or understand more about substance use. Resources and spaces on and off UC San Diego campus can be provided to learn more about getting support for your desired goal. Conversations will be facilitated by Dr. Bryan Balvaneda.

<https://uhealth.zoom.us/j/89858034706>

Contact(s): Bryan Balvaneda, Ph.D.; bbalvaneda@health.ucsd.edu

Co-Curricular Record Well-Being Certificate

As part of the Tritons Flourish initiative, the RISE Well-Being & Community Engagement CCR Opportunity (RISE CCR) enables all UC San Diego students to earn credit on their Co-Curricular Record for being active participants in programming that aims to promote students' well-being and build a community of care on our campus.

To learn more about CCR credit, please visit the [Co-Curricular Record](#) website.



Eating Disorder Recovery Connections

Every Other Thursday 2–3pm, (1/9, 1/23, 2/6, 2/20, 3/6)

This virtual meeting is a safe space for students working towards or in recovery from an eating disorder. Everyone's path of recovery is unique, and in participating in this workshop you'll receive support and feedback from peers who have shared experiences. Topics will be set by group participants, and can range from navigating diet culture, eating on campus, creating treatment teams, and managing family support. Conversations will be facilitated by Dr. Allie Wagner and/or Sarah Bromley, LCSW.

<https://uhealth.zoom.us/j/88019406798>

Contact(s): Allie Wagner, Ph.D.; afwagner@health.ucsd.edu
Sarah Bromley, LCSW; sebromley@health.ucsd.edu

Grief and Loss Support for Undergraduate Students

**Mondays 2–3pm, Week 1 (1/6) – Week 10 (3/10),
Except 1/13, 1/20, 2/17**

This is a support space for undergraduate students who wish to work through grief and loss related to death of a loved one. Topics are determined by group participants and can include sharing, giving and receiving support, common physical and emotional reactions, impact of grief on other aspects of life, self-compassion, and emotional resilience. The journey is different for each person; there is no single pattern for grief. This is a drop-in meeting and students are welcome to join each week or as it fits their needs and schedules. Conversations will be facilitated by Lori Weiner, LCSW. If interested, please contact Lori to obtain the meeting zoom link.

Contact(s): Lori Weiner, LCSW; lweiner@health.ucsd.edu

Military-Connected Student Community Connection

Wednesdays 12–1pm, Week 4 (1/29) – Week 10 (3/12)

A drop-in space designed for military-connected undergraduate and graduate students who are interested in building community and developing self-improvement tools in a mutually supportive and collaborative environment. Common themes include: adapting to change, transitioning into university, navigating multiple roles/identities, stress management, communication/navigating conflict, sleep, time management, and others. Participants will benefit from both peer wisdom/support and information from facilitator, Dr. Michael McGlenn. This program is open to all students.

Location: Student Veterans Resource Center

Contact(s): Michael McGlenn, Psy.D. (he/him);
mpmcglenn@health.ucsd.edu

Queer Community Connections

Tuesdays 1–2pm, Week 1 (1/7) – Week 10 (3/11), Except 1/21

The Queer Community Connections group is a place to meet and gain support while discussing your sexual and/or gender identities in a confidential setting. Topics are determined by group participants and can include queer joy, life stressors, sociopolitical climate, family/cultural issues, etc. This CAPS group is cofacilitated with our STRIDE coordinators.

Location: Cross Cultural Center Conference Room (Price Center East, 2nd Floor)

Contact(s): Tay McCavanagh, Psy.D. (they/them);
tmccavanagh@health.ucsd.edu
Mely Quiroz (he/they/él/elle); m1quiroz@health.ucsd.edu
Tay Richardson (they/them/elle); t3rich@health.ucsd.edu

The Art of Belonging — Community Support for International Students

Wednesdays 9–10am (1/8, 2/12, 3/12)

The Art of Belonging — Community Support for International Students is a collaboration between CAPS and ISEO to provide a support space for international students from a culturally informed lens. We're bringing CAPS to the monthly ISEO Global Coffee Hour! Build community, connect with other international students, prioritize your well-being and mental health, navigate challenges and strategize ways to thrive, and learn about campus resources. Depending on the week, we'll do mindfulness & meditation exercises, arts & crafts, etc. Coffee & pastries will be provided by ISEO. Drop-ins welcome; please register in advance if possible.

<https://iseo.ucsd.edu/programs/ievents-calendar/index>

Location: Eucalyptus Grove (ISEO office)

Contact(s): Amy Nannan, Psy.D.; a2nannan@health.ucsd.edu
Lisa Swid; lswid@ucsd.edu

Trans and Gender Diverse Group

Tuesdays 2–3pm, Week 1 (1/7) – Week 10 (3/11)

Are you questioning your gender? Do you need a space to discuss your gender identity with others who may be going through the same thing? This group allows students to explore their thoughts and feelings related to their gender identity. Join this group to build community, share experiences, and get support while navigating the world outside the gender binary. No matter where you are on the gender spectrum, you are welcome here! This CAPS group is cofacilitated with our STRIDE coordinators.

Location: Cross Cultural Center Conference Room (Price Center East, 2nd Floor)

Contact(s): Tay McCavanagh, Psy.D. (they/them);
tmccavanagh@health.ucsd.edu
Mely Quiroz (he/they/él/elle); m1quiroz@health.ucsd.edu
Tay Richardson (they/them/elle); t3rich@health.ucsd.edu

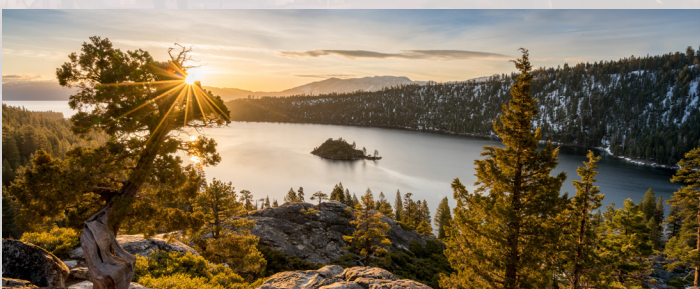
Unwind the Grind with APIMEDA Programs and Services and CAPS

**Mondays 3–4pm, Week 2 (1/13) – Week 10 (3/10),
Except 1/20, 2/17**

An informal, drop-in group designed for Asian Pacific Islander Middle Eastern Desi American students to hang out and talk about the things they are experiencing from a culturally informed lens. This program is open to all students. For more information, please contact: Louie Limas, Ph.D. Staff Psychologist, CAPS or Amanda Tom, Psy.D. Staff Psychologist, CAPS.

Location: APIMEDA Programs & Services Office (Price Center West, 2nd Floor)

Contact(s): Louie Limas, Ph.D. (CAPS); ellimas@ucsd.edu
Amanda Tom, Psy.D. (CAPS); a2tom@health.ucsd.edu



ADHD Coaching for Graduate and Professional Students

Every Other Tuesday 2–3pm (1/7, 1/21, 2/18, 3/4)

Is ADHD impacting your life? Join Dr. Dixon on a 4-week structured, educational, and skills-building space welcome to all students in need of support with attention and focus. Each week covers a core component of executive functioning to help improve your ability to manage daily tasks and responsibilities. Topics include: Organization/Planning Skills, Memory & Attention, Emotion Regulation, Mental Flexibility, & Impulse Control. Email to receive the schedule, reminders, and invitation link.

Contact(s): Crystal Meng Dixon, Psy.D.; crdixon@health.ucsd.edu

Ceviche Hour: A Colectivo for Latine Graduate & Professional Students

Mondays 12:30–1:30pm, Week 1 (1/6) – Week 10 (3/10), Except 1/20, 2/17

Just as every Latine country has its unique twist on ceviche, each of us experiences the journey of being a graduate and professional student differently. Join Dr. Araceli López-Arenas to build community and share “recipes” for handling challenges like imposter syndrome, stress, and professional growth. We will also share strengths contributing to “ganas,” persistence, and resilience. It’s challenging to find time for our well-being, so let’s gather, enjoy some snacks, and support each other. Come as you are, for as little or as much time as you can! Contact Dr. Araceli for more information or to be added to the email reminder list.

Sign-Up Form: <https://forms.gle/E8Ver47mY2UU4hLt5>

Location: Hybrid: in-person at Raza Resource Centro Conference Room, Pepper Canyon Hall Level 2, Room 264 and via Zoom at <https://uchealth.zoom.us/j/84321598294>

Contact(s): Araceli López-Arenas, Ph.D., M.P.H.; lopezara@health.ucsd.edu

Grief Support for Graduate and Professional Students

Wednesdays 6–7pm, Week 3 (1/22) – Week 11 (3/19)

This is a safe and supportive meeting for graduate and professional school students who wish to work through grief and loss related to death of a loved one. This meeting offers an opportunity to connect with other students experiencing loss. Topics are determined by community connection participants and can include physical and emotional reactions of grief, impact of grief on other aspects of life, and self-compassion. Participants are encouraged to give and receive support. The journey is different for each person; there is no single pattern for grief. Conversations will be facilitated by Dr. Lisa Stal, CAPS psychologist. If interested, please contact Dr. Stal to obtain the meeting zoom link.

Contact(s): Lisa Stal, Ph.D.; Lstal@health.ucsd.edu

Queer Community Connections for Graduate and Professional School Students

Wednesdays 4–5:15pm, Week 1 (1/8) – Week 10 (3/12)

This in-person connections space exists to create space for community development and to foster a sense of belonging. The content is guided by community members and often focuses on Queer issues and/or general graduate and professional student issues. Examples include personal and professional relationships, Queer topics in academia and media, intersectionality, minority stress and coping with Imposter Syndrome. Conversations will be facilitated by Dr David Kersey. To learn more, please contact David Kersey. Students are welcome to walk-in to a meeting as well.

Location: Cross Cultural Center Conference Room (Price Center East, 2nd Floor)

Contact(s): David Kersey M.D.; dkersey@health.ucsd.edu

Thesis/Dissertation Support for Graduate and Professional Students

Wednesdays 3–4pm, Week 1 (1/8) – Week 10 (3/12), Except 3/5

Completing a dissertation or thesis project can be stressful and overwhelming. Join the Thesis/Dissertation Support Space for Graduate and Professional Students to have a supportive space to process topics related to your project, such as: procrastination, anxiety, goal-setting, issues of perceived competence, and other struggles that can occur during the course of completing your research. The aim of this space is to help alleviate the stress of your thesis/dissertation work, and to have a space to connect with people going through a similar process. Please contact Dr. Matei if you have any questions.

<https://uchealth.zoom.us/j/89704582167>

Contact(s): Nicole Matei, Psy.D.; nmatei@health.ucsd.edu

WISE: Graduate Women in Math, Science, and Engineering

Wednesdays 1–2pm, Week 1 (1/8) – Week 11 (3/19)

WISE provides an opportunity to connect and support women in STEM fields. Come experience a sense of community, support in goal attainment, and encouragement in your personal and professional life. For more information, please contact Judy Goodman Fermin, Ph.D. All students are welcome.

Contact(s): Judy Goodman Fermin, Ph.D.; 858-534-9799; jfgoodman@health.ucsd.edu

