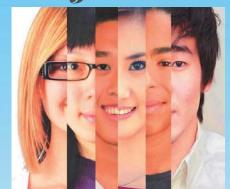
Asian American Community Forum the many faces of community

This informal drop-in group is designed to talk about topics relevant to Asian, Pacific Islander, Middle Eastern, Desi American (APIMEDA) students at UCSD in a supportive and problem-solving atmosphere.

UCSD students, staff and faculty are welcome to attend!



Fall Quarter 2017
Tuesdays 12:00-1:30pm
Cross Cultural Center's Conference Room

Bring your lunch and join us!

- 1, 10/3: Meet and Greet: Come meet & chat with Drs. Dianna, Leah, Sachiko & Sheva.
- 2, 10/10: Open discussion
- 3, 10/17: Learn stress management strategies to help you prepare for midterms.
- 4, 10/24: Bring your yoga mat & join Dr. Dianna for meditation & yoga.
- 5, 10/31: Do your parents stress you out? Let's talk about it.
- 6, 11/7: Moving Between Worlds: Exploring APIMEDA women's roles & identities.
- 7, 11/14: Open discussion
- 8, 11/21: Bring your yoga mat & join Dr. Dianna for meditation & yoga.
- 9, 11/28: Learn stress management strategies to help you prepare for finals.
- 10, 12/5: Open discussion

For more information, please contact:

Dr. Leah Tappero, Ph.D., (858) 534-5905, LTappero@ucsd.edu <u>caps.ucsd.edu/groups</u>

This meeting is 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.



