

## Open Forums for Students Counseling and Psychological Services

*These CAPS Forums are offered weekly through the quarter. Students can drop-in at any time for discussion and building community connections.*

### *Asian American Community Forum*

Time: Tuesdays, 12-1:30pm | Location: Conference Room at the Cross Cultural Center

Description: 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 all or any part of the forum. Issues such as career and academic success, family pressures, cultural identity, and relationships are common topics.

Contact: Dr. Dianna Quach, Ph.D. (858) 534-7710 & Dr. Leah Heng Tappero, Ph.D. (858) 534-5905

### *Asian Women's Forum*

Time: Fridays, 2-3:30pm | Location: Muir Half Dome Lounge

Description: This forum is for students who self-identify as Asian/Asian American. The forum is a supportive and community building space to have informal conversations about experiences as Asian/Asian American women. Members determine the topics which can include: academic stress, family and gender roles and challenges, cultural identity, relationships, career directions, social justice concerns, and mental health and well-being. **If you are attending the forum for the first time, please contact Dr. Tappero so she can provide you with more information.**

Contact: Dr. Leah Heng Tappero, Ph.D. (858) 534-5905

### *Black Women's Collective*

Time: Even weeks, Thursdays, 5-6:30pm (Weeks 2-10) | Location: Women's Center

Description: Join us for an informal conversation about our experiences as Black women and connect with other Black women on campus.

Contact: Dr. Doriane Besson, Ph.D. (858) 534-0252

### *Campus Black Forum*

Time: Mondays, 12-1:30pm | Location: Black Resource Center

Description: Campus Black Forum provides a space for weekly discussions related to events, experiences, and areas of interests that impact the Black Community at UCSD.

Contact: Dr. Doriane Besson, Ph.D. (858) 534-0252

### *Gay Men's Relationship Forum*

Time: Mondays, 2:30-4 pm (Weeks 2-10) | Location: Women's Center Small Group Room

Description: Join us for conversations about our experiences as gay men, and connect with other gay men on campus. This group addresses relationships, sexual health, community building and more.

Contact: Dr. Gregory Koch, Psy.D. (858) 534-3585 or [gkoch@ucsd.edu](mailto:gkoch@ucsd.edu)

### *Graduate Students of Color Forum*

Time: 1-2 pm | Location: GSA Lounge, Original Student Center (near Art of Espresso) (Weeks 2-10).

Description: Join us to connect and discuss about various topics from a multicultural lens, which includes managing stress and improving well-being, communication with your advisor(s), dealing with imposter syndrome, family responsibilities, relationships (romantic or social), current sociopolitical climate, experiences of discrimination, etc.

Contact: Dr. Niyatee Sukumaran, Ph.D. (858) 534-9057 or [nsukumaran@ucsd.edu](mailto:nsukumaran@ucsd.edu)

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.

### *Muslim Sisters' Community Forum*

Time: Wednesdays, 12-1pm (Weeks 3-10) | Location: TMC Admin Building, Room 126

Description: Join us for conversations about our experiences as Muslim females and connect with other Muslim sisters on campus. The forum will provide an open and supportive space for members to discuss their experiences as Muslim females at UCSD and within the larger sociopolitical society. Topics are determined by members, but may include: family and gender roles and challenges, cultural and religious identities, romantic relationships, discrimination, conflict resolution, well-being, etc. Dr. Sheva Assar and Asmaa Deiranieh, a Wellness Peer Educator, both identify as Muslim females and will facilitate this community conversation.

Contact: Dr. Sheva Assar, Psy.D. (858) 246-2271

### *Outside the Box Forum*

Time: Thursdays, 3:30-5pm | Location: Cross Cultural Center, Tranquility Room

Description: This informal group is a safe space for students, faculty, and staff of mixed/multiracial/multiethnic and other non-dominant identities to share their experiences and discuss issues in an open and supportive, community atmosphere. This forum is co-sponsored by the Cross Cultural Center. Please contact Dr. Thompson if you plan to attend.

Contact: Dr. Cat Thompson, Ph.D. (858) 534-3987 or [cathompson@ucsd.edu](mailto:cathompson@ucsd.edu)

### *Sport Support: Student Athletes Coming Together*

Time: TBA | Location: TBA

Description: Join us for an informal, private conversation about your unique experiences as Triton student-athletes and connect with other student-athletes inside and outside your team. Connect with others who share the goals and challenges of being a collegiate student athlete in this university community.

Contact: Dr. Rhonda Hackshaw, Ph.D. (858) 534-5981 or [rhackshaw@ucsd.edu](mailto:rhackshaw@ucsd.edu)

### *Who's First? First Generation College Student Forum*

Time: Thursdays, 12-1:30pm | Location: Student Services Center, 5<sup>th</sup> Floor #555

Description: The "Who's First?" Forum provides participants with a supportive, private environment to discuss their experiences as first-generation college students. A former first-gen college student himself, Dr. Roberto Luna, facilitates

Contact: Dr. Roberto Luna, Psy.D. (858) 534-0255