

Balancing Graduate/ Professional School and Your People

Having trouble making time for the people in your life while being in grad school? Learn techniques and strategies for balancing your life to help you flourish!

Dates: Tuesdays, (Oct 16– Oct. 30)
Time: 2:00pm – 3:00pm
Location: GSA Grad Lounge
(next to the food pantry @ Original Student Center)

CAPS online registration required
<http://caps.ucsd.edu/signup>
For questions, contact: Wesley Kayne, Ph.D.
wkayne@ucsd.edu



This workshop is NOT counseling/ psychotherapy;
If you would like counseling, please call CAPS at
(858) 534 3755.

CAPS.UCSD.EDU | (858)534-3755