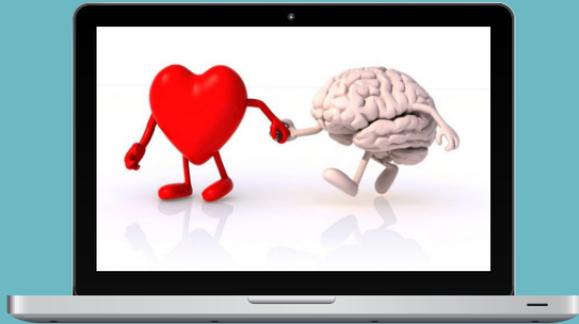


Graduate & Professional School Students



Dr. Niyatee Sukumaran
CAPS Psychologist



Dr. Ming-Che Tu
CAPS Post-Doctoral
Resident

De-Stress with Biofeedback

- Free! Drop-in! Individual Consultations!
- Learn to manage your stress by using relaxation techniques while your physiological markers are monitored.

GSA Grad Lounge
(by Triton Food Pantry & Art of Espresso)
Original Student Center
Wednesdays, 1:00-2:00
Oct 17, Oct 31, Nov 14 - Fall 2018

Call Dr. Niyatee for questions @858 (534) 9057
<https://caps.ucsd.edu/groups.html>



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This workshop is not counseling/
psychotherapy; If you would like
counseling, please call CAPS at
858 534 3755



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