

RESILIENCE: Graduate Student & Professional School Student Support Forum

- A supportive drop-in space for graduate and professional school students seeking strategies for resilience, perseverance, and flourishing.
- Common themes include: stress management, recovering from set-backs, work/life balance, and navigating interpersonal challenges.

**Fall 2018
Wednesdays, 2-3 pm
October 10 - Dec 5 (except 11/21)
GSA Grad Lounge
(by Triton Food Pantry & Art of Espresso)
Original Student Center**



Facilitated by
Christina Lambert, PhD
CAPS Psychologist



**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.**