

# 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.

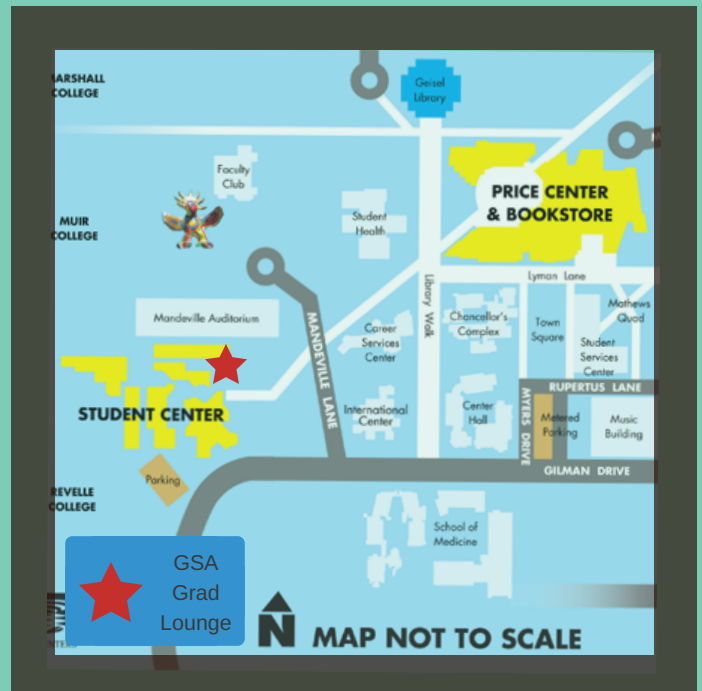
**SPRING 2018**

**Weds 1-2 pm, Weeks 2-10**

**GSA Lounge,  
Original Student Center  
(near Art of Espresso)**



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.**