Recent events can bring up a range of feelings and increased levels of stress. As we approach the Presidential Inauguration and the uncertainty of what is to come, it’s important that we continue to take care of ourselves. Please join us at any of our CAPS Community Forums to process thoughts and feelings about recent events, the upcoming Inauguration, other socio-political stressors, or any issues that are impacting you at this time.

APIMEDA Community Forum: Tuesdays 3:00–4:00 PM (Weeks 1–10)
Black Women’s Collective: Thursdays 3:30–5:00 PM (Even Weeks 2, 4, 6, 8, 10)
Coming Out Group: Tuesdays 3:30–5:00 PM (Weeks 1–10)
First Gen Support Forum: Thursdays 3:00–4:00 PM (Odd Weeks 1, 3, 5, 7, 9)
Latinx/Chicanx Cafecito Hour: Tuesdays 3:30–4:30 PM (Weeks 1–10)
LGBTQ Community Forum for Graduate and Professional Students: Thursdays 4:00–5:00 PM (Weeks 3–10)
More Than Dreams Support Forum: Thursdays 3:00–4:00 PM (Even Weeks 2, 4, 6, 8, 10)
Outside the Box Forum: Thursdays 3:30–5:00 PM (Odd Weeks 1, 3, 5, 7, 9)
Students with Dependents Forum: First Tuesday of the month from 1–2 PM (1/5, 2/2, and 3/2)

To view dates, times, and detailed information visit our website at:

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.