

Asian American Community Forum

the many faces of community

This informal drop-in group is designed to talk about topics relevant to Asian Pacific Islander, Middle Eastern, Desi American (APIMEDA) students at UCSD in a supportive and problem-solving atmosphere.



Spring Quarter 2017

Wednesday 12:00-1:00pm

Weeks 2-9 (except Week 7)

Location: **SPACES**

(2nd floor of Price Center West with main entrance next to Shogun)

- 4/12: **Meet and Greet:** Come meet & chat with Dr. Tappero & Dr. Quach.
- 4/18: **Stress Management:** Develop a self-care plan to flourish academically.
- 4/26: **Healthy Relationships:** Learn how to create thriving relationships.
- 5/3: **Moving Between Worlds:** Exploring APIMEDA women's roles & identities.
- 5/10: **Post-Graduation Plans:** Decision-making & navigating life after college.
- 5/24: **May is Mental Health Month:** Discussion of APIMEDA Mental Health.
- 5/31: **Mindfulness Meditation:** Learn strategies to relax and recenter.

Bring your lunch and join us!

For more information, please contact:

Dianna Quach, Ph.D., (858) 534-7710

Leah Heng Tappero, Ph.D., (858) 534-5905

caps.ucsd.edu/groups

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.



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