

# Support/Processing Spaces

CAPS is offering support spaces for students impacted by the death of Mahsa Amini and the protests that have followed. If you share identities with any of these forums, please join us to process your thoughts and feelings about these current events. We are here to support you.

**APIMEDA Community Forum**

**Black Community Forum for Graduate and Professional Students**

**Coming Out Group**

**Grief and Loss Support Forum for Graduate and Professional Students**

**Grief and Loss Support Forum for Undergraduate Students**

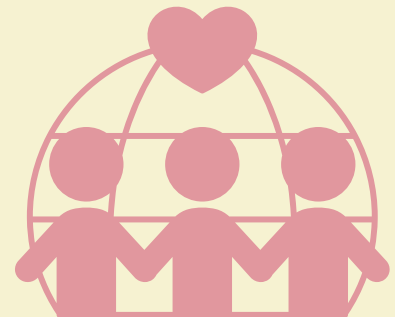
**LGBT Community Forum for Graduate and Professional Students**

**Military-Connected Student Support Forum**

**Trans and Gender Diverse Group**

**WISE: Graduate Women in Science and Engineering**

Please see our Community Forum flyer for day/time/locations:  
[https://caps.ucsd.edu/files/flyers/flyer\\_forums.pdf](https://caps.ucsd.edu/files/flyers/flyer_forums.pdf)



CAPS also offers a weekly Social Justice Self-Compassion Mindfulness Hour on Thursdays 2-3pm with Dr. David Diaz. This is a space to discuss and connect with one another on social justice concerns/experiences while also attending to our well-being through guided self-compassion mindfulness exercises.

Please see our RISE workshop flyer for more details: [https://caps.ucsd.edu/files/flyers/flyer\\_rise.pdf](https://caps.ucsd.edu/files/flyers/flyer_rise.pdf)

*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.*