

AVAILABLE RESOURCES AND SUPPORT FOR OUR TRITON COMMUNITY

We're here for you.

UC San Diego is a place of inclusion, belonging and mutual support.
We offer a variety of resources and services that we encourage
you to use during challenging times.

Jewish/Israeli Community Support & Processing Spaces

March 6, 2024, 12–1 p.m.

ucsd.zoom.us/j/98760614424

March 7, 2024, 4–5 p.m.

ucsd.zoom.us/j/98760614424

March 8, 2024, 3–4 p.m.

Conference Room UC111A, Chancellor's Complex

Palestinian Community Support & Processing Spaces

March 6, 2024, 12–1 p.m.

ucsd.zoom.us/j/93003796313

March 7, 2024, 3–4 p.m.

ucsd.zoom.us/j/93003796313

March 8, 2024, 3–4 p.m.

Dolores Huerta & Philip Vera Cruz Room, Student Center

Resources for Students Impacted by the Conflict in Israel & Palestine

Deans of Student Affairs are available to provide support and referrals to on and off-campus resources:

- Sherry Mallory, Revelle College - smallory@ucsd.edu
- Jason Thibodeaux, Muir College - jjthibodeaux@ucsd.edu
- Amber Vlasnik, Marshall College - avlasnik@ucsd.edu
- James C. Smith, Earl Warren College - jcs004@ucsd.edu
- Mario Garibay, Eleanor Roosevelt College - magaribay@ucsd.edu
- Diane LeGree, Sixth College - dlegree@ucsd.edu
- Josh Brimmeier, Seventh College - jbrimmeier@ucsd.edu
- Sarah Gallenberg, Eighth College - sgallenberg@ucsd.edu

Additional Support Resources

Students seeking immediate mental health and coping support are encouraged to reach out to [Counseling and Psychological Services](#) (CAPS). CAPS provides free, confidential counseling and crisis services and [community forums](#) for registered UC San Diego students and can be reached at (858) 534-3755.

Grief and Loss Support Forum for Undergraduate Students

When: Mondays 3-4pm, Week 2 (1/8) – Week 8 (3/12)

Location: via Zoom, <https://ucsd.zoom.us/j/92572081807>

This is a support forum for students who wish to work through grief and loss related to death of a loved one. The journey is different for each person; there is no single pattern for grief. Topics are determined by group participants and can include sharing, giving and receiving support, common physical and emotional reactions, self-compassion, and emotional resilience. This is a drop-in forum and students are welcome to join each week or as it fits their needs and schedules.

Contact(s): Gila Cohen, MSW, LCSW; g2cohen@health.ucsd.edu

Social Justice & Self-Compassion

When: Tuesdays 12–1pm, Week 1 (1/9) – Week 10 (3/12)

Location: in-person at the Cross-Cultural Center (Price Center East, 2nd floor)

A space to discuss and connect with one another on our diverse cultural identities, experiences, intersections, social justice events, and other related recent issues or events on campus or society at large. This workshop includes guided mindfulness exercises to help those in attendance transition back to student life in a more affirming and energized manner. This is a collaborative workshop hosted by CAPS & the Cross-Cultural Center.

Contact(s): David Diaz, PhD; dadiaz@health.ucsd.edu