CAPS and The Well's Active Minds Present

TALKING CIRCLES are for students who experiencing...

- Grief over the loss their academic school year
- Sadness over loss of summer plans and opportunities
- Distress about graduation and the future
- Emotional burnout from the news and social media coverage
- Anticipated grief
- Anxiousness on the fallout of COVID-19 on our lives

Your feelings are valid!
Join a Talking Circle!

May 8th, 1:30PM to 3PM (PST)
For those processing the loss of a personal milestone or experience

May 19th, 5:30 to 6:30PM (PST)
For students grieving the end of their 2019-2020 school year experience

June 2nd, 11AM to 1PM (PST)
For graduating students to share their experience of COVID-19 and how it impacted the end of their undergraduate experience

suffering is not a competition. Just because someone, somewhere may have it worse, it does not excuse or erase your pain.

RSVP Here!