



Student Health
& Counseling
Student Academic Affairs

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Winter 2018

Wednesdays, 12 p.m.-1 p.m.
Parnassus: January 17 – February 21
Mission Bay: February 28 - March 14

Free Lunch (while supplies last) for student attendees with RSVP!

@ Parnassus, HSW 301

*Relationships
101*

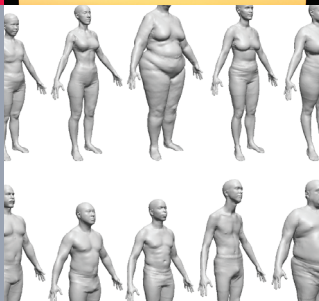


January 17: **Relationships 101**

What makes relationships work? Join providers Susan Rosen, MD and Lance Raynor, PhD (life partners) in a presentation and discussion about well-researched tenets of lasting relationships.

For more info or to RSVP, visit relationshipswinter2018.eventbrite.com

*I Wish
I Was...*



January 24: **"I Wish I Was..." – Accepting Our Bodies As They Are**

Do you sometimes want to be taller? shorter? darker-skinned? lighter-skinned? heavier? thinner? Do you have a hard time accepting yourself as you are? In this workshop, led by Jessica Jones, MS, RD, CDE, and John Tighe, LCSW, we'll look at how we see our bodies, ideals we establish and common distortions people have when thinking about their bodies, and ways to enhance self-perception and self-esteem.

For more info or to RSVP, visit bodyimagewinter2018.eventbrite.com

PrEP



January 31: **PrEP: History and Implications for Clinical Practice**

PrEP: Pre-Exposure Prophylaxis against HIV Infection
Join Lisa DiGiorgio-Haag, FNP, to discuss the evolution of antivirals in the prevention of HIV transmission. Lisa will share up-to-date information about the effectiveness of PrEP, who should be taking PrEP and how to get the medication at Student Health & Counseling Services via our PrEP clinical protocol.

For more information or to RSVP, visit prepwinter2018.eventbrite.com

Racism & Your Health



February 7: Racism & Your Health

Structural, institutional, and interpersonal racism can have a profound impact on our health, particularly to more marginalized and dis-empowered communities. This workshop will cover the physical and emotional health impacts of both racism and our efforts to confront it. Topics will include strategies for coping and preventing burnout that can occur as a result of racial and historical trauma and stereotype threat, particularly for those engaged in social justice activism.

For more info or to RSVP, visit racismandhealthwinter2018.eventbrite.com

Micro-Aggressions



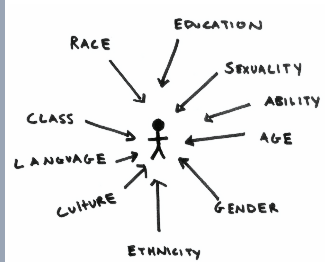
February 14: Unpacking Microaggressions

Join this interactive conversation about how microaggressions impact marginalized communities and the relevance to your professional work. Explore how to recognize your own biases and gain tools to navigate difficult dialogues. Sign-up limited to 50 students to allow for more interactive dialogue.

Presenters: Alexandra Thurston, PsyD, and Lindsey Brooks, PhD – Psychologists

For more info or to RSVP, visit microaggressionswinter2018.eventbrite.com

Social Identities



February 21: Developing an Intersectional Lens of Social Identities

Join us for this **diversity dialogue** exploring the theory of **intersectionality**, how it relates to **power and privilege**, how important it is for us all to understand and how **greater understanding** of this theory can help us **better navigate** our everyday lives, social interactions, **advocacy**, and **allyship**.

Presenters: Justin T. Gibson, PhD, Psychologist
LaMisha Hill, PhD, Director of Multicultural Resource Center

For more info or to RSVP, visit intersectionalitywinter2018.eventbrite.com

@Mission Bay, Mission Hall 2100

PI Relationship

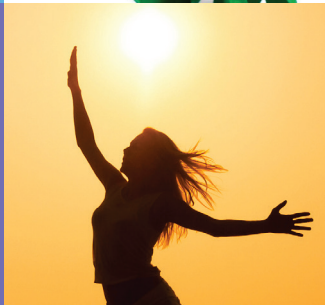


February 28: Navigating the Relationship With Your PI

Find yourself stressing about your next meeting with your PI? Unsure how to talk with your PI? Have a conflict that you don't know how to resolve? Your relationship with your PI is one of the most important during graduate school and can therefore sometimes be one of the most stressful. Come to this interactive workshop on productive ways of relating to your PI, tools for resolving issues, and how to approach difficult conversations.

For more info or to RSVP, visit pirelationshipswinter2018.eventbrite.com

Don't Just Survive, Thrive!



March 7: Thriving Amid Stress, Burnout, Setbacks, and "Failures"

Graduate and professional school can create a "perfect storm" for academic and personal challenges. Join John Tighe, LCSW, to prepare for or manage when your work goes awry, your lab doesn't feel like a good fit, you feel like you'll never graduate, or you feel like you don't belong at UCSF.

For more info or to RSVP, visit thrivingwinter2018.eventbrite.com

Worried About a Friend?



March 14: Worried About a Friend?

Everyone plays an important role in creating a healthy and caring campus community at UCSF. This workshop offers training and practice in suicide prevention and intervention skills, utilizing the nationally recognized QPR ("Question, Persuade and Refer") Suicide Prevention Gatekeeper Approach. Participants will receive a certificate designating them as an official QPR Gatekeeper. *Sign-up is limited to 40 students.*

For more info or to RSVP, visit qprwinter2018.eventbrite.com