



Student Health
& Counseling
Student Academic Affairs

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HUMP DAY

Winter 2019

Wednesdays, 12 p.m.-1 p.m.

Parnassus, HSW 301

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

(Lunches are for students attending the program only.)

Intuitive Eating

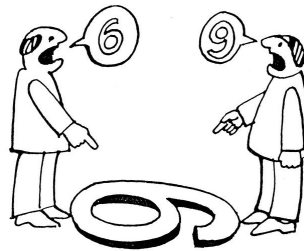


January 23: Intuitive Eating – Listening to and Respecting Your Body

Overwhelmed by the latest diet fads? Struggling with letting go of how you “should” eat or “should” look? Looking to find peace with food? Join this interactive presentation with dietitian Jessica Jones, RD, CDE, and psychologist Lindsey Brooks, PhD, where you’ll build intuitive eating skills, learn how to challenge the diet mentality and begin working on body acceptance.

For more info or to RSVP, visit intuitiveeatingwinter2019.eventbrite.com

Navigating Communication & Conflict



January 30: Navigating Communication & Conflict

Have you found yourself struggling to be understood by faculty or a PI? Do interactions with others on campus leave you feeling misunderstood or frustrated? Join SHCS and the International Students and Scholars Office to discuss the relationships among culture, communication and conflict and learn strategies to cope with stress brought on by these conflicts.

For more info or to RSVP, visit navigatingconflictwinter2019.eventbrite.com

Pot & Booze



February 6: Alcohol, Marijuana, and Your Health – Figuring Out What Works for You

When are alcohol or marijuana beneficial for us and when are they harmful? Join Marilyn Metz, MD, and John Tighe, LCSW, for a presentation and discussion about how alcohol and marijuana figure into your social, mental, and physical health and how you can make decisions that work for you.

For more info or to RSVP, visit potandboozewinter2019.eventbrite.com

Sexually Transmitted Infections



February 13: STI's: What Will You Ask?

Lee Marshall Fagen, NP, provides an open forum to have a frank talk about sexually transmitted infections. Cards will be available to ask your questions anonymously if desired. What will you ask?

For more info or to RSVP, visit stiwinter2019.eventbrite.com

Hump Day @ Mission Bay

Workshops designed for students on the Mission Bay campus

Wednesdays, 12 p.m. - 1 p.m. @ Byers Hall 212

FREE LUNCH (while supplies last) provided for student attendees with RSVP!

(Lunches are for students attending the program only.)

Thrive Amid Adversity



February 27: 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 thrivingwinter2019.eventbrite.com

Intuitive Eating

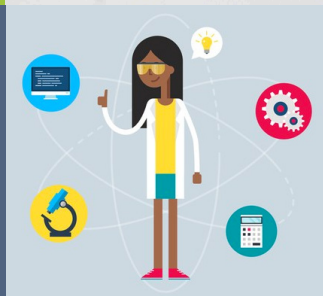


March 6: Intuitive Eating – Listening to and Respecting Your Body

Overwhelmed by the latest diet fads? Struggling with letting go of how you “should” eat or “should” look? Looking to find peace with food? Join this interactive presentation with dietitian Jessica Jones, RD, CDE, to build intuitive eating skills, learn how to challenge the diet mentality and begin working on body acceptance.

For more info or to RSVP, visit mbintuitiveeatingwinter2019.eventbrite.com

Women in Science



March 13: Women in Science

Join this interactive dialogue for women-identified graduate students in science. Together we will discuss the structural and interpersonal challenges women face and provide strategies to navigate the assertiveness bind and help you thrive in lab and beyond. *Women of color and LGBTQ women are especially welcomed and encouraged to attend.*

For more info or to RSVP, visit womeninsciencewinter2019.eventbrite.com

Groups @ Parnassus

Student Health offers various groups aimed at enhancing your self-care and academic well-being at UCSF.

Mindfulness for Dentistry Students



3-week Series (Starting January 17): Drop-in Mindfulness for Dentistry Students

Dental School is an exciting and stressful time. Approach your work and personal life with greater ease and resiliency by building your mindfulness skills. Come join this free 3-part Student Health & Counseling workshop, facilitated by psychologist Lindsey Brooks, PhD, and learn about the concepts of mindfulness and engage in experiential mindfulness exercises to help you relax and manage stress.

For more info about future events email: lindsey.brooks@ucsf.edu