

OFFERING FOR WINTER 2022

LET'S TALK

Informal well-being consultations
for Military-Connected Students

Facilitated by:
Michael McGlenn, PsyD
CAPS Psychologist



Informal support with issues such as stress/worry, sleep, motivation, focus, recovering from setbacks, work/life changes, & relationships (personal and professional). Let's Talk sessions are designed to provide practical strategies, information, and support regarding general well-being related issues.

January 17 to March 11
Wednesdays 12–1 PM

Hybrid: In-person at SVRC office in Student Center A when campus is opened; Virtual when campus is closed for COVID. Meetings are 15–20 minutes long. Students can sign-up for two Let's Talk consultations per quarter.

Find instructions on how to sign-up and more info here:
<https://caps.ucsd.edu/letstalk>

This meeting is not professional counseling. If you would like professional counseling or mental health treatment, please call CAPS central office at (858) 534-3755 to arrange an appointment.

UC San Diego
STUDENT HEALTH AND WELL-BEING
Counseling and Psychological Services



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