UC San Diego Postdoc
2017 Health & Wellness Series

Hosted by the Office of Postdoctoral and Visiting Scholar Affairs in partnership with the UC San Diego Faculty and Staff Assistance Program.

Time: 12:00 – 1:30pm

- **March 15, 2017 (Wednesday) - Student Services Center, 3rd Floor, Room 300**
  Facing the Challenges of a New Environment – Izabel Caetano Francy, LCSW
  When you start your postdoctoral training, you are likely fresh out of graduate school and just moved to San Diego from potentially across the country or world. Although the academic setting may be similar, expectations, cultures and locations have changed. This workshop will provide tools to help with the transition as well as a venue for new postdocs to meet each other and share resources.

- **June 21, 2017 (Wednesday) – Student Services Center, 3rd Floor, Room 300**
  Working Postdocs with Small Children – Izabel Caetano Francy, LCSW
  During your postdoctoral training, you may either have small children or are on the brink of starting a family. This workshop is designed to discuss, provide tips and share resources as well as introduce parents in similar positions to each other.

- **August 16, 2017 (Wednesday) – Student Services Center, 3rd Floor, Room 300**
  How to be a Healthier, Happier, More Productive You! - Izabel Caetano Francy, LCSW
  As postdoctoral training is stressful, mostly autonomous and often overwhelming, this workshop will provide tools to help postdocs learn how to focus on the enjoyable side of the approaching holiday season, which is usually a busy and possibly stressful time of year. In addition, if you are an international postdoc who is unfamiliar with the expectations of the holiday season in the U.S., this is an opportunity to share resources and customs with fellow postdocs.

- **November 15, 2017 (Wednesday) - Student Services Center, 3rd Floor, Room 300**
  Tips for Creating an Enjoyable Holiday Season – Izabel Caetano Francy, LCSW
  This workshop will help postdocs learn how to focus on the enjoyable side of the approaching holiday season, which is usually a busy and possibly stressful time of year. In addition, if you are an international postdoc who is unfamiliar with the expectations of the holiday season in the U.S., this is an opportunity to share resources and customs with fellow postdocs.

Registration for each workshop is required as lunch will be provided: https://postdochealthwellness2017.eventbrite.com

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