

UC San Diego

HUMAN RESOURCES

Faculty and Staff Assistance Program

May is Mental Health Awareness Month



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Faculty and Staff Assistance Program

Caregivers & Eldercare Support Group

- ▶ Facilitated by Crystal Green, Ph.D., LMFT, CEAP
 - ▶ Tuesday May 3, 12pm-1pm
 - ▶ To receive the Zoom meeting invitation, contact Crystal Green at cegreen@ucsd.edu
 - ▶ Link for May:

<https://uchealth.zoom.us/j/87879981774>

Explore our [Caregiver and Eldercare Resources](#)



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Parents Support Group

- ▶ Facilitated by Izabel Caetano Francy, LCSW, PMH-C
 - ▶ Wednesday May 4, 12-1pm
 - ▶ First Wednesday of the month from 12 - 1 p.m.
 - ▶ Join ListServ for link information:
<https://groups.google.com/a/ucsd.edu/g/ucsdmoms-l>



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The Heart and Art of Providing Pivotal Feedback

- ▶ Facilitated by Christina Lambert PhD
- ▶ Thursday May 5 12-1pm
- ▶ For more information Christina Lambert: cdlambert@ucsd.edu



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Working with ADHD: Giving and Getting Support

- ▶ Facilitated by Christina Lambert, PhD
- ▶ Thursday May 12 12-1pm
- ▶ For more information contact Christina Lambert, PhD cdlambert@ucsd.edu



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BIPOC Mental Health: Taking Care of Ourselves in the Wake of Racial Trauma

- ▶ Facilitated by Cat Thompson Ph.D
- ▶ Thursday May 12 3:30-5pm
- ▶ BIPOC Mental Health Registration Link: [Click Here](#)



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Mindful Pause

- ▶ Facilitated by Bryan McNutt PhD
- ▶ Wednesday May 18, 11:30am-12:15pm
- ▶ This monthly group meeting focuses on using practical approaches for applying mindfulness-based skills in our daily lives, including our working life. As an experiential group, sessions will include basic guided meditation exercises that can be utilized to help nurture more emotional calm, focus, and presence in your daily life.
- ▶ Register Here: [Link](#)



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Tritons Flourish

- ▶ Facilitated by William Youngblood LMFT
- ▶ Thursday May 19 12-1pm
- ▶ This monthly program is open to any UC San Diego campus employee interested in connecting with others who are committed to flourishing in their personal and professional lives
- ▶ Register here: [Meeting Registration - Zoom](#)
- ▶ Flyer Here: <https://go.ucsd.edu/3DK8tjd>



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Entre Cafecito y Platicas: Conversaciones Sobre Nuestro Bienestar Emocional

- ▶ Facilitated by Jennifer Triana, LCSW
- ▶ Friday May 20 10:30-11:30am
- ▶ An informative support group held in Spanish, hosted and catered by HDH and FSAP, to discuss our behavioral health and well-being
- ▶ For more information contact: j triana@UCSD.EDU



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Certainly Uncertain: Navigating a Changing Workplace

- ▶ Facilitated by Crystal Green PhD, LMFT, CEAP
- ▶ Monday May 23 10-11am
- ▶ Register here: [Zoom link](#)



Lessons from Anxiety for a Fulfilling Life

- ▶ Facilitated by William Youngblood, LMFT
- ▶ This recorded webinar explores symptoms of anxiety with strategies for addressing the impact of anxiety. This will be used to explore lessons we can all use towards living a fulfilling life.
- ▶ Tuesday May 24 webinar recording will be available
- ▶ Link to the recording will be available here:
<https://blink.ucsd.edu/HR/services/support/counseling/current-events.html>



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Working Moms Support Group

- ▶ Facilitated by Izabel Caetano Francy, LCSW, PMH-C
 - ▶ Wednesday May 25 1:30 - 2:30 pm
 - ▶ Join ListServ for Information: [Link Here](#)
 - ▶ Fourth Wednesday of the month from 1:30 - 2:30 p.m.



Supporting the Hidden Worker: Supervisory Considerations for Leaders of Diverse Employees

- ▶ Facilitated by Bryan McNutt, PhD, LMFT, CEAP
- ▶ *The pervasive impact of the COVID pandemic has far-reaching implications for organizations, especially for diverse-identified employees who face recurrent obstacles caused by minority stress. This presentation will explore some of the main workplace stressors affecting diverse employees due to the COVID crisis, as well as the opportunities that leaders have to provide support to diverse employees. Considerations of effective supervisory engagement will be explored, including how to foster psychological safety and model a learning culture of work.*
- ▶ Thursday May 26 11-12:30pm
- ▶ Register Here: [Link](#)





May is Mental Health Awareness Month

FSAP Events

Eldercare Support Group	5/3/2022 12pm
Parents Group	5/4/2022 12pm
The Heart and Art of Providing Pivotal Feedback	5/5/2022 12-1 pm
Working with ADHD: Giving and Getting Support	5/12/2022 12-1 pm
BIPOC Mental Health: Taking Care of Ourselves in the Wake of Racial Trauma	5/12/2022 3:30-5:00 pm
Mindful Pause	5/18/2022 11:30am-12:15
Tritons Flourish	5/19/2022 12-1pm
Entre Cafecito y Platicas: Conversaciones Sobre Nuestro Bienestar Emocional	5/20/2022 10:30-11:30am
Certainly Uncertain: Navigating a changing workplace	5/23/2022 10-11 AM
Lessons from Anxiety for a Fulfilling Life	5/24/2022 On Demand
Moms Group	5/25/2022 1:30pm
Supporting the Hidden Worker: Supervisory Considerations for Leaders of Diverse Employees	5/26/2022 11am-12.30pm

