

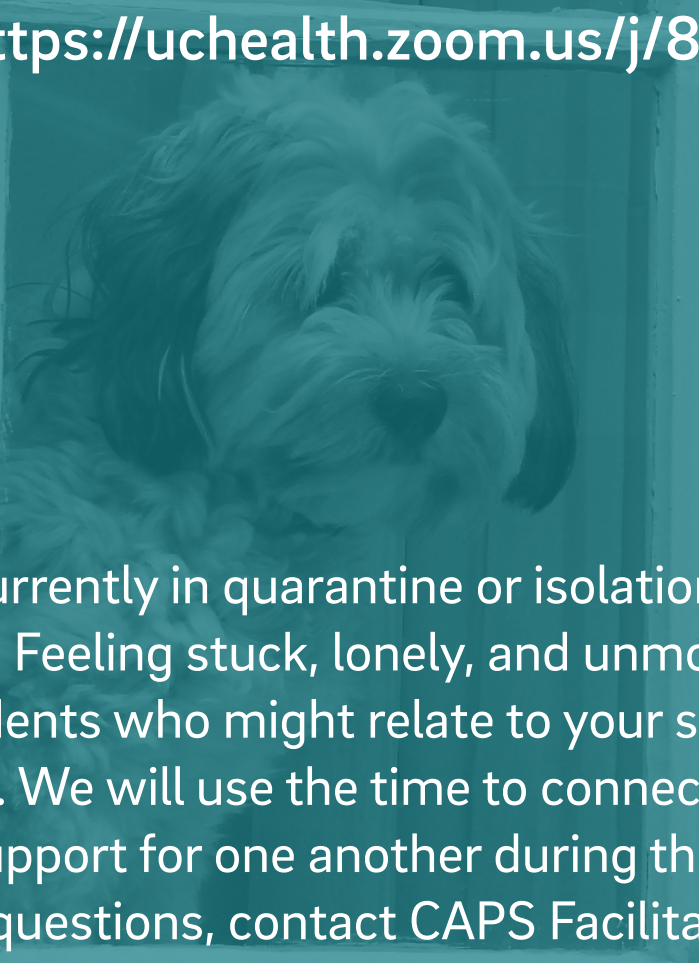
# COVID CONNECTION: ALONE TOGETHER

Support for Students in Isolation and Quarantine

**Winter Quarter: Weeks 8–10**

Fridays (2/26, 3/5, 3/12) from 2:00–3:00 PM

Zoom: <https://uchealth.zoom.us/j/88324405979>



Are you currently in quarantine or isolation due to COVID-19 exposure? Feeling stuck, lonely, and unmotivated? If so, join other students who might relate to your struggles in similar situations. We will use the time to connect as a group and provide support for one another during these difficult times. If you have questions, contact CAPS Facilitator: Dr. Mike McGlenn at (858) 534-3755.

*These meetings are not professional counseling. If you would like professional counseling or mental health treatment, please call the Counseling & Psychological Services (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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Student Health Services