

## **May is Mental Health Month: Campus, Faculty, and Staff Assistance Program Offerings**

*Please note that FSAP services are not available to UC San Diego Health, with the exception of the SHW cluster. To participate, all attendees must register using their @ucsd.edu email address.*

### **Introduction to Neurodiversity and Neurodivergence**

In honor of Mental Health Awareness Month (May), you are invited to join Dr. Christina Lambert of FSAP for this virtual lunchtime (12-1 pm) workshop on Tuesday, 5/6. Intro topics will include terminology, prevalence, variations, intersectionality, masking, burnout, strengths, and advocacy. Campus staff and faculty can [register through UC Learning](#).

### **Eldercare Support Group - Tuesday May 6, 12pm-1pm**

Specific issues addressed include: long-distance caretaking, emotional challenges of caretaking for adults, sibling conflicts, personal boundary setting, hired caretaker management, and more. Guest speaker Julie Derry from "Aging123" to join our May meeting. <https://uchealth.zoom.us/j/82914229984>

### **Working Parents of Elementary & Middle Schoolers**

For campus faculty and staff working parents of elementary & middle school aged kids who wish to connect & be in community. Wednesday, May 7 - 12pm/noon. Registration not required. Zoom link: <https://uchealth.zoom.us/j/86957940529>

### **Support Group for Neurodivergent Staff**

Connect with other campus staff who experience challenges associated with but not limited to: ADHD, Autism, Sensory Sensitivity, PDA, Dyslexia, Dyscalculia and Dysgraphia. Share ideas. Find support. Cultivate strengths. Spring 2025, Thursdays, 12:30-1:30 pm on 5/8 via Zoom. Check out the [FSAP flyer with registration link!](#)

### **Working Parents of Teens**

For campus faculty and staff working parents of teens and tweens who wish to connect & be in community. Thursday, May 8 - 1pm. Registration not required. Zoom link: <https://uchealth.zoom.us/j/81090977661>

### **Connecting with Grief**

Death of a Parent or Caregiver: For campus faculty and staff who have lost a parent or caregiver and wish to connect to their own grief, with others in grief, learn about grief, share and create community. Wednesdays. May 7th, 14 & 21st - 3pm. Registration: [https://uchealth.zoom.us/meeting/register/0aAl7uPDRsKy3a\\_8h3EyaA](https://uchealth.zoom.us/meeting/register/0aAl7uPDRsKy3a_8h3EyaA)

### **Working with Neurodivergence**

Consultation Hours. Dr. Christina Lambert, of FSAP, offers consultation to People Leaders and Faculty seeking strategies and resources to work effectively with neurodivergence (e.g. ADHD, Autism, Learning Disabilities) in themselves and/or others. Consultation hour for Faculty offered Thursday 5/8, 11am – 12 pm via Zoom. See [Faculty flyer](#) for registration link. Consultation hour for People Leaders offered Thursday 5/15, 11am – 12 pm via Zoom. See [People Leader flyer](#) for registration links.

### **Support Group for Parents & Caregivers of Neurodivergent Kids/Teens/Young Adult**

Connect with other campus staff, faculty and postdoctoral scholars who understand the journey of parenting, caring for, and supporting neurodivergent youth. Share experiences, strategies and resources. Thursday, 5/15, 12:30-1:30 pm via Zoom. Check out the [FSAP flyer with registration link!](#)

### **First Generation Professionals Support Group**

For campus faculty and staff who identify as First-Generation Professionals (FGPs) and would like to learn tools to help support their emotional well-being and enhance self-compassion for navigating workplace and personal challenges for FGPs. May 15th, 2025 at 12pm [Meeting Registration - Zoom](#)

### **Tritons Flourish Group**

For campus faculty & staff who wish to learn & practice skills to flourish personally & professionally. May 16 at 12-1pm. Registration can be found here: [2025 Tritons Flourish Group](#)

### **"Mindful Pause" - Wednesday, May 21, at 11.30am**

This monthly group meeting will focus on using practical approaches for applying mindfulness-based skills in our daily lives, including our working life. As an experiential group, sessions will include a brief educational component, followed by basic guided meditation exercises that can be utilized to help nurture more emotional calm, focus, and intentional presence in your daily life. Zoom link to register:

[https://uchealth.zoom.us/meeting/register/tZwtfumrrzkuH9fb4-FVKrUOdW53fhbvl4TG](https://uchealth.zoom.us/j/82035703829)

### **Support Group for Neurodivergent Staff**

Connect with other campus staff who experience challenges associated with but not limited to: ADHD, Autism, Sensory Sensitivity, PDA, Dyslexia, Dyscalculia and Dysgraphia. Share ideas. Find support. Cultivate strengths. Spring 2025, Thursdays, 12:30-1:30 pm on 5/8 and 5/22 via Zoom. Check out the [FSAP flyer with registration link!](#)

### **Working Moms of 0-5 year-olds**

For campus faculty and staff working mothers of infants and young children who wish to connect & be in community. Wednesday, May 28 - 1:30pm. Registration not required. Zoom link:

<https://uchealth.zoom.us/j/82035703829>