

(Fall 2021)

Our drop-in support spaces are led by CAPS counselors via Zoom for undergraduate and graduate students at Long Beach State. Drop-in spaces are not therapy groups but do offer space to connect with other students and feel supported. You are not required to be a client at CAPS to participate, you can join at any time in the semester, it is okay to arrive late or leave early, and you are not expected to attend each meeting. Unless noted otherwise, our drop-in support spaces do not meet during campus holidays, school breaks, or finals week. To request disability-related accommodations to participate, please contact the Bob Murphy Access Center at 562.985.5401 or at bmac@csulb.edu.

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- An inclusive space in support of sexual, gender, and romantic diversity
    - Mondays 3:30 – 5pm (W ) |
    - Lauren Jensen, Ph.D.; [Lauren.Jensen@csulb.edu](mailto:Lauren.Jensen@csulb.edu)
    - 968 9071 8629

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- Undocu/DACA support group led by UndocuAllies
    - TBD ( : Tuesdays 11am -12pm ( )) |
    - Nidia Moran Canales, Ph.D.; [Nidia.Moran@csulb.edu](mailto:Nidia.Moran@csulb.edu)
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- A space for the CSULB Black community to talk about race and other issues impacting our community
  - Tuesdays 12 – 1pm ( |
  - Shelly Collins, Ph.D.; [Shelly.Collins@csulb.edu](mailto:Shelly.Collins@csulb.edu)
  - 870 1139 6405

- A space for AAPI students to connect across diverse lived experiences
  - Tuesdays 12-1pm (W ) |
  - Arlene Dayrit, LMF & Diane S. Hayashino, Ph.D.;  
[Diane.Hayashino@csulb.edu](mailto:Diane.Hayashino@csulb.edu)
  - 892 2464 4000

- A space to connect with other students, find community, and engage in activities to de-stress
  - Tuesdays 1-2pm (W ) |
  - Lolita Mariscal-Carrano, LCSW, Gloria Flores, MHP, CHES (Peer Program Coordinator), & Beach Buddy Peer Mentors; [Loli.MariscalCarrano@csulb.edu](mailto:Loli.MariscalCarrano@csulb.edu)
  - 870 8990 9478

- A support space for first generation college students at CSULB
  - Wednesdays 12-1pm (W ) |
  - Elisa Hernandez, Ph.D.; [Elisa.Hernandez@csulb.edu](mailto:Elisa.Hernandez@csulb.edu)
  - 845 9072 7986

- Conversations about learning to live after loss
  - Wednesday 12:30pm - 2pm |
  - Michael Barraza, Psy.D.; [Michael.Barraza@csulb.edu](mailto:Michael.Barraza@csulb.edu)
  - 869 9864 9174 (Passcode: 5629854001)

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- Monthly workshops and a space to connect with pregnant and parenting students
  - First Wednesdays 1 - 2pm ( ) |
  - Abby Bradecich, Psy.D. & Karen Kinsley, MSW; [Abby.Bradecich@csulb.edu](mailto:Abby.Bradecich@csulb.edu)
  - 865 7922 2084

- A support space for re-entering undergrad and graduate students
  - Wednesdays 4 - 5pm (W ) |
  - Dan Szuhay, Psy.D.; [Daniel.Szuhay@csulb.edu](mailto:Daniel.Szuhay@csulb.edu)
  - 830 9363 1386

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- Conversations and information on dating in the digital age, relationships & sex
    - Thursdays 11am -12pm ( ) |
    - Shelly Collins, Ph.D.; [Shelly.Collins@csulb.edu](mailto:Shelly.Collins@csulb.edu)
    - 840 7433 9066

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