ROOTED WINGS

THURSDAYS (10/17 - 12/19)
3:30 - 5:00 pm
Kresge room 204

A SUPPORTIVE SPACE
FOR STUDENTS OF COLOR
(LONGWOOD CAMPUS)

DESCRIPTION
This 10 week drop in support group is designed
to help self identified students of color develop and
learn mindfulness and self-care
practices while building community with others.
Each week we’ll process, reflect and affirm our
individual and collective experiences in hopes that
they’ll remind us of the value that we bring to the
greater Harvard community.

Stop by to hear from your peers as well as learn
helpful strategies to navigate the unique
complexities and nuances related to the
experiences of students of color. There are many
shared experiences so please, join us and be
affirmed in this safe supportive space.

You, your voice and your experiences
matter.

QUESTIONS EMAIL STEPHANIE BLACK, LICSW
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