

**YOUR EXPERIENCES
MATTER.**

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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