



WOMEN OF COLOR SUPPORT GROUP

This group is specifically designed to provide students (undergraduate and graduate) who identify as women of color with a safe and confidential space to obtain emotional support and discuss stressors and challenges related to navigating social, academic, and work spaces in the face of systemic oppression, racism, and sexism.

Topics to be explored likely to include the following:

- self-care/boundary setting*
- role expectations/societal messages*
- cultural/racial/and ethnic identity issues and stress*

Tuesdays 2:30p - 4:00p

UMBC Counseling Center

Co-facilitators:

Ishita Arora, M.A. & Whitney C. Hobson, Psy.D.

Please contact Ishita (ishita1@umbc.edu) or Whitney (whobson@umbc.edu) if you are interested or for more information.