Black Mental Health Matters (BMHM) Support Sessions

Fall 2021 Sessions: September 17th - December 17th

Fridays
2:00-3:00 PM
Zoom Info: Please email Dr. Amador at jael.amador@baruch.cuny.edu

As a Black student do you...

...have difficulties sitting with and expressing your thoughts and feelings about racism?
...feel as if you or others do not understand your unique experience?
...experience direct or indirect forms of racism, discrimination, or microaggressions?
...feel confused about how to advocate for the community while protecting your health?
...ever wish you had a supportive, safe place to explore any of the aforementioned?

If so, then these support sessions are for you!

https://studentaffairs.baruch.cuny.edu/counseling/support/