The UCSB MultiCultural Center and Counseling & Psychological Services Present

HAAPI: Supporting Healthy Asian/Asian American Pacific Islanders

EVERY TUESDAY, 3:30-5 pm, MCC MEETING ROOM
FALL 2016 QUARTER

BRING A FRIEND! Join in a supportive, safe space for all Asian/Asian American (South, South East, East) Pacific Islander identified students. Participants will learn ways to balance personal multicultural identity, psychological health, and well-being with family dynamics, social expectations, and cultural heritage. AAPI students will have the opportunity to talk about these and other topics they have in common. Light refreshments will be provided!

WEEKLY GROUP TOPICS:
10/4 - Belonging: Finding Your Place at UCSB
10/11 - Asian LGBTQ Pride
10/18 - The Secret to Achieving Perfection
10/25 - Fitting In: School, Friends, Family & Beyond
11/1 - Resiliency, Coping, and Thriving
11/8 - Our Voices Matter: Election and Politics
11/15 - Faking It Until You Make It: Demystifying Mental Health & the Model Minority Myth
11/22 - Asian Family Expressions of Love
11/29 - Home Sweet Home

MEET THE GROUP FACILITATORS

Junichi Shimaoka, PsyD
CAPS staff psychologist

Jill Huang, PhD
CAPS postdoctoral fellow