

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

