



COLLECTIVE CARE FOR COLLECTIVE JUSTICE

Social injustice causes real harm, including psychological stress and exhaustion. If you've been feeling angry or overwhelmed, or struggling to stay motivated, you're not alone.

At this event, you can build community with others who care about equity and justice and learn tools for grounding and re-energizing.

Wednesday, Jan 28 | 1-2 pm | Jackson 106



Diversity, Equity,
& Social Justice
Program



The Cultural Humility,
Empathy, & Compassion
Center

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