Community Building Programs

Community Building Programs are just a few creative initiatives to address the needs of communities to effectively help them navigate successfully at the University of North Carolina at Chapel Hill:

- **Sister Talk** [1]: Designed to increase a sense of belonging, as well as, to give women of color, specifically, Black identified women, the space, tools and resources to successfully navigate UNC-Chapel Hill. Sister Talk promotes and enhances self-efficacy, self-awareness, and self-advocacy, among other protective factors for Black women at UNC.

- **Sister Talk After Dark (S.T.A.D.)** [2]: Graduate and professional students experience a different academic dynamic, essentially because they are more isolated and operate on a more individualistic paradigm. This group aims to increase a sense of belonging and resiliency.

- **P.E.A.C.E.** [3](Processing Emotions And Communicating Effectively): This affinity group was born out of a need for students’ feelings, voices and stories to be shared while identifying mental health resources in a safe, non-judgmental setting.

- **R.E.A.L. Talk (Resiliency, Education, And Leadership):** [4] Provides a space for BIPOC (Black/Indigenous People of Color) and male-identified individuals on UNC’s campus to engage and develop their sense of belonging, personal agency, and growth mindset.

Source URL: https://studentwellness.unc.edu/programs/community-building-programs

Links