Community Building Programs

Community Building Programs following programming efforts 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** is 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. In addition to being a safe landing space for Black women on campus, Sister Talk provides several learning and developmental opportunities for a population that is historically underserved. **Sister Talk** promotes and enhances self-efficacy, self-awareness, and self-advocacy, among other protective factors for Black women at UNC. This group also aims to strengthen resiliency among this cohort of students, as they exist at an intersection of gender and race which impact their experiences at a predominantly white institution (PWI).

Meets Virtually: Every Friday 12:30p-2:30p (via ZOOM) To join contact dholman@email.unc.edu

**Sister Talk After Dark (S.T.A.D.)Grad** Graduate and professional students experience a different academic dynamic, essentially because they are more isolated and operate on a more individualistic paradigm. As older students, oftentimes with families and/or with professional work obligations and children, there are different sets of concerns and emotional burdens. This group, like Sister Talk, aims to increase a sense of belonging and resiliency, as they exist at an intersection of gender and race which impact their experiences at a predominantly white institution (PWI). This group is the graduate and professional counterpart to Sister Talk.

Meet Virtually: Every first Tuesday of the month 5p-6:30p (ZOOM) To join contact dholman@email.unc.edu
**P.E.A.C.E.** is an acronym for *Processing Emotions and Communicating Effectively*. This affinity group/program was born out of a need for students' feelings, voices and stories to be shared in a safe, non-judgmental setting. In a safe and welcoming space, the program aims to bridge the gap between Black students and Mental Health resources by hosting events that teach students how to reconcile past traumas and develop healthy coping mechanisms while moving forward.

**Meets Virtually: Bi-weekly, every other Wednesday 6p-7:30p** To join contact dholman@email.unc.edu [1]

**R.E.A.L TALK (Resiliency, Education And Leadership)**. R.E.A.L. Talk provides a space for BIPOC and male identified individuals on UNC’s campus to engage, develop their sense of belonging, develop their personal agency and develop a growth mindset, develop tools for honing resiliency and grit. Graduate and professional male students of color help facilitate this cohort of students while in the process gain leadership skills and develop strong mentoring bonds. The year 2020-21 will be composed of upper class participants, as well as, first year students. No topic is off limits, rather broaching courageous discourse will aid in participants’ growth, exploration and self-actualization.

**To join contact dholman@email.unc.edu [1]**

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

Links

[1] mailto:dholman@email.unc.edu