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**: 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.)**: 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.** ([Processing Emotions And Communicating Effectively](https://studentwellness.unc.edu/programs/community-building-programs/peace)): 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)**: 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](https://studentwellness.unc.edu/programs/community-building-programs)

**Links**
[1] [https://studentwellness.unc.edu/programs/community-building-programs/sister-talk](https://studentwellness.unc.edu/programs/community-building-programs/sister-talk)
[3] [https://studentwellness.unc.edu/programs/community-building-programs/peace](https://studentwellness.unc.edu/programs/community-building-programs/peace)
[4] [https://studentwellness.unc.edu/node/7556](https://studentwellness.unc.edu/node/7556)