

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:

- **Master Class in Redesigning your Life Spring 2022.** Student Wellness continues to consider the needs of marginalized student communities particularly when it comes to readiness for the workforce and marketing themselves to potential employers and talent acquisition managers. [Dr. Tierney Bates of Director of University Career Services](#) [1] will be leading an in person Master Class on Thursday 4/21/22 at 6pm in the Upendo Lounge located in SASB North. No registration needed.
- **Muslim Community Building- Ramadan 2022.** Student Wellness is committed to creating a safe, equitable and well campus for all. This year to mark the beginning of [Ramadan](#) [2], Student Wellness is partnering with the [Muslim Student Association \(MSA\)](#) [3] to host a traditional **'Fanoos' (lantern) lighting ceremony on 4/1/22 at 7:00pm at the Pit.** Members of the UNC community will open the event with a few words, proceed with the lantern lighting and an outdoor evening prayer. Chancellor Kevin M. Guskiewicz will be in attendance. To RSVP contact MSA leaders Dalal Azzam at dazzam@ad.unc.edu [4] and Zakia Ishaque at zakiami@ad.unc.edu [5]. [Learn more about how you can support Muslim students and staff during Ramadan 2022.](#) [6]
- **Sister Talk** [7]: 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.)** [8]: 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.** [9]**(Processing Emotions And Communicating Effectively):** [9] 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):** [10] 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

[1] <https://careers.unc.edu/about-us/our-staff/dr-tierney-bates>

[2] <https://www.britannica.com/topic/Ramadan>

[3] <http://www.uncmsa.org/>

[4] <mailto:dazzam@ad.unc.edu>

[5] <mailto:zakiami@ad.unc.edu>

[6] <https://www.linkedin.com/pulse/ramadan-2022-higher-education-shahnaz-khawaja/?trackingId=atg3DD3YSDGuiBMRcquTtQ%3D%3D>

[7] <https://studentwellness.unc.edu/programs/community-building-programs/sister-talk>

[8] <https://studentwellness.unc.edu/programs/community-building-programs/sister-talk-after-dark>

[9] <https://studentwellness.unc.edu/programs/community-building-programs/peace>

[10] <https://studentwellness.unc.edu/node/7556>