

Counseling Services: Diversity Programming for Fall 2020

This semester, UB Counseling Services will be offering groups and drop-in virtual outreach workshops to assist in providing support to students of color, international students and LGBTQIA+ students. We will also provide education and social justice advocacy for faculty, staff and students to change racism on-campus.

Counseling Groups for registered UB Students

Students must complete a phone consultation with a UBCS counselor in order to participate in a group.

Contact Counseling Services at (716) 645-2720 for more information.

<https://www.buffalo.edu/studentlife/life-on-campus/health/mental-well-being/counseling.html>

Unlearning Racism Group

Mondays 2:30-4:00 pm – Online

This group provides a supportive environment in which people who hold white privilege can explore and question their roles in the perpetuation of racism. Among other things, group members examine various aspects of white privilege and gain understanding about how they can become allies to People of Color.

Students of Color Support Group

Tuesdays 2:30-4:00 pm – Online

This semi-structured support group is committed to providing an affirming space for Students of Color to reflect on their experiences at a Predominately White Institution. In this group, we recognize the unique challenges of Students of Color and aim to foster a community for students to give voice to their experiences, gain support, and develop healthy coping strategies. Topics explored in this group include but are not limited to: navigating microaggressions, feelings of isolation, imposter syndrome, family/social relationships, and maintaining healthy self-care in the current socio-political climate.

LGBTQ Support Group

Thursdays 3:00-4:30 pm – Online

This is a group for students who are questioning or exploring their gender identity and/or their sexual identity. It is also for students who identify as gender variant, transgender, lesbian, gay, bisexual and/or queer. The goal of the group is to provide a safe, supportive and confidential forum to talk about multiple identities, coming out, relationships with family and friends, dating, academics, transitioning, homophobia, transphobia, the "isms", and other issues of interest to members.

International Student Support Group

Wednesdays 3:00-4:30 pm – Online

This group provides a safe, supportive, and comfortable place for international students to discuss adjustment stressors and cross-cultural experiences in the U.S. The group also creates a safe and confidential environment for group members to share information and support each other.

International Tea Time

Weekly drop-in format, does NOT require a needs assessment

Thursdays 3:30-4:30 pm – Online

This is a free weekly meeting which brings together U.S. and international students for conversation, friendship, and fun. Students play games, talk, and enjoy getting to know each other. International tea and snacks are provided.



Virtual Drop in Outreach Workshops for Students, Faculty and Staff

UB Counseling Services is facilitating virtual drop-in, outreach workshops that focus on providing psychoeducation and support. A variety of workshops are available Monday – Friday to meet the needs of undergraduate and graduate students and faculty and staff.

Psychoeducational workshops are intended to provide information, skills and support. These workshops are not a form of mental health treatment. If you would like to speak with a counselor, please call us at (716) 645-2720. In the event of a mental health emergency, please contact our office at (716) 645-2720, Monday – Friday, 8:30 AM – 5:00 PM. After-Hours call 716-645-2720 and press option “2” to speak with a counselor.

All workshops will take place via Zoom. For the full schedule, visit:
<https://www.buffalo.edu/studentlife/life-on-campus/health/wellness-events-calendar.html>

Recognizing the Impact: Supporting Communities of Color during times of Crisis

This workshop focuses on exploring the impact of the COVID-19 pandemic on marginalized communities. This program will take an intersectional approach to identifying the various ways that these communities are uniquely affected by national crises. Additionally, facilitators will offer strategies for self/community care aimed at improving and maintaining mental wellness.

Resistance and Resilience: Self-care skills for students of color experiencing racism

- Are you growing tired of dealing with racist behaviors directed toward you and other people of color?
- Do you sometimes feel that people do not understand how you are physically, emotionally, socially, and academically impacted by racism?
- Are there times when you are not sure how to respond to microaggressions?
- Do you want to learn strategies for coping with racism through resistance and other self-care strategies?

This workshop acknowledges the detrimental impact of racism on society as a whole, but particularly for People of Color. This virtual workshop aims to provide education, support, and skills to empower Students of Color impacted by racism and White supremacy. The goal is to offer tools for self-care and coping, while also empowering Students of Color to challenge the status quo.

Transform: Anti-racist skills for white students to create a healthy campus for all

- Are you interested in becoming an accountable ally to People of Color?
- Do you want to become more aware of how your own behavior might marginalize and harm People of Color?
- Would you like to be an advocate and find ways to

change racism on campus?

This outreach will provide a space for white-identified students to gain skills in order to engage in difficult conversations around race, identify systems of oppression, and learn tools to participate in self-reflection. The purpose of these skills is to continue to grow a deep, compassionate UB community committed to racial justice and equality.

Connection and Compassion for International Students

This workshop is intended for international students. Over the past few months, there has been a multitude of changes nationally and internationally affecting schools, workplaces, and communities. This has led to an increased sense of social isolation and challenges for many students. This workshop will highlight unique challenges experienced by international students; introduce strategies and resources for coping, and ways to cultivate compassion and connection with others in this era of social distancing.

Inclusion and Acceptance: Supporting LGBTQIA+ Communities

This workshop will provide participants an open conversation on LGBTQIA+ history, such as the Stonewall Riot and Marsha P. Johnson, as well as opportunities for participants to engage within the LGBTQIA+ community, including podcasts and musical artists. Topics surrounding exclusion, bullying, safety, as well as persistence and resilience will be discussed. Creating spaces and opportunities for LGBTQIA+ folks to be seen, heard, and feel a sense of belonging in school, family, and social systems are emphasized. Finally, this workshop will provide resources for participants to find both mental and physical health support.