RACIAL STRESS WORKSHOP SERIES
APRIL 9, 16, 23, AND 30
3–4 p.m.

We live in spaces where the significance of race is suppressed. As a result, we often experience racially-based contradictions that are not acknowledged, discussed or validated. Our experiences can lead to race-related stress. Dr. Bruce and Dr. Mitchell-Corsino will host this four-part Racial Stress Workshop, designed to validate our experiences.

Each week will have a different focus. Discussion topics include the anti-racist narrative, coping with racial stress, effectively managing the impact of racial bias from others that catch us by surprise, and self-care when we are wounded by racial bias.

This workshop is open to all MSU students interested in discussing these topics.

To participate, please complete the CAPS Phone Request Form at bit.ly/capsphonerequest and indicate that you’re interested in the Racial Stress Workshop.

Questions? Contact Jimmy Bruce at brucejrj@msu.edu.