

# JOIN US IN THE UNDERGRADUATE STUDENTS OF COLOR GROUP: RELEASING THE INVISIBLE WEIGHT

## This group will provide the opportunity to:

- *Process your personal experiences as a student of color*
- *Connect with other students of color who may have shared experiences*
- *Empower other group members to take action against injustice*
- *Heal collectively through telling your story and being supported*

## Group Facilitators:

*Simone C. Adams, LMFT*

*Maricelis Abreu, MSW*

- Group will be held virtually once a week on Wednesdays from 3-430pm
- Please contact 315-443-8000 to schedule a group orientation with Simone C. Adams, LMFT
- Group Provided by Barnes Center at the Arch Counseling Center

