Begin your journey of racial healing by reflecting on the effects of racism and internalized biases on well-being. Discover ways to feel more empowered in your own racial identity, while uplifting others along the way.

Inspired by the Swahili term “Umoja” which means “unity,” this course will use a social justice lens and psychoeducational approach to support student health by building a sense of community that is guided by the values of inclusion, respect, and equity.