

FYE/UNIV 1820. 004

# *Umoja:*

## *A Community for Racial Healing*

With Melanie Penalosa

Thursdays | 12:30 pm - 1:20 pm

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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.

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