

## **2-Part Virtual Workshop on Anti-Asian Racism and Student Mental Health**

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Health and Counselling Services (HCS) invites you to a 2-part virtual workshop on August 23<sup>rd</sup> to learn more about anti-Asian racism and how it impacts student mental health!

The COVID-19 pandemic exacerbated xenophobia and bigotry toward Asian communities, especially East Asian individuals and families. Without a doubt, the impact of this wide spread hate has reached students, faculty members, and other staff members at Carleton University. Recent findings highlight that over 1,000 anti-Asian racism reports consisting of violence, discrimination, and microaggressions have been filed in Canada. This number is consistently rising.

This 2-part virtual workshop will bring the larger Carleton University community together which aims to acknowledge that anti-Asian racism is a systemic injustice that affects everyone on campus, especially both international and domestic students who self-identify as Asian, and learn more about how to safeguard and cultivate allyship as we gradually return to campus in the fall.

The workshop will be followed by a closed therapeutic discussion group amongst students who self-identify as Asian, as well as staff and faculty members who are members of the Asian ethnic and cultural communities.

### **When?**

Monday, August 23<sup>rd</sup> at 1:00-4:30 PM

- Part 1, educational workshop (open to all) at 1:00-2:30 PM
- Part 2, closed therapeutic discussion group (only open to individuals who self-identify as Asian) at 3:00-4:30 PM

We encourage you to participate in both sections of the workshop if eligible.

## **Where?**

This workshop is facilitated virtually via Microsoft Teams which is compliant with Ontario *Personal Health Information Protection Act, 2004*.

## **How?**

Please click on the following secure link to register for this workshop by **Friday, August 20<sup>th</sup> at 4:00 PM**: <https://forms.office.com/r/TzWYHmDT5s>

### ***Would you like to participate in Part 2 closed therapeutic discussion group?***

*Please note only those individuals who self identify as Asian can participate in this part 2 of the workshop. If you select this option, you must call Health and Counselling Services at (613) 520-6674 to provide your consent and personal information as this is considered a clinical/therapeutic service.*

## **Who?**

- Both international and domestic students who self-identify as Asian.
- Staff and faculty members who self-identify as Asian.
- Students, staff, and faculty who are ally to Asian ethnic and cultural communities OR seeking more information about anti-Asian racism and how to support peers, students, or colleagues.

## **Why?**

- To bring awareness about anti-Asian racism and its impact on students who are part of the racial and cultural communities.
- To provide mental health education about how to confront anti-Asian racism while safeguarding your emotions, and building resilience.
- To cultivate the CU community platform in building allyship.

## **What?**

### **Part 1 – Educational Workshop**

1. Acknowledgment of anti-Asian racism:
  - a. History about anti-Asian racism.
  - b. How pandemic has exacerbated societal wide hate towards Asian individuals and families.
2. Impact on students' mental health and wellbeing:
  - a. Systemic (institution) level
  - b. Community level
  - c. Individual level
3. Standing up for anti-Asian racism:
  - a. Confronting systemic discriminations and microaggressions on campus and largely out in the community.
  - b. Safeguarding your emotions while standing up to oppression.
  - c. Building resiliency and practicing self-compassion.
4. Being an ally to Asian communities:
  - a. Acknowledging our past and present.
  - b. Reflection as a critical tool for allyship.
5. CU resources and community resources

### **Part 2 – Closed Therapeutic Discussion Group**

This closed therapeutic discussion group is only open to students and individuals who self-identify as Asian. The purpose of this group is to facilitate a therapeutic holding space to validate pain and strengths within the community, share stories, and learn from each other.

**Facilitators:**



**Dennis Kao, MSW, PhD**  
Associate Professor  
School of Social Work  
Carleton University



**Bruno Jung-Millen, MSW, RSW**  
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**Questions?**

Please contact Bruno at Health and Counselling Services should you require further information or have any questions.