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

Health and Counselling Services (HCS) invites you to a 2-part virtual workshop on August 23rd 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 23rd 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 20th 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
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Questions?

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