Social Justice Workshop
FROM SURVIVING TO THRIVING: STIGMA, SHAME, AND RESILIENCE
ALYSSA HUFANAN
TUES, FEBRUARY 6TH, 2–3 PM
WORKSHOP/MCC LOUNGE
Students are invited to consider how stigma and shame has shaped Asian American mental health and well-being. Using personal narratives and discussion, students will explore their own history, beliefs about mental health, and engage in dialogue about resilience and well-being. This workshop will provide a communal and collaborative space to collectively strategize ways to move forward and discuss important ways the Asian American community can empower one another to thrive. This workshop is led by Alyssa Hufana, a 2nd year doctoral student in Counseling, Clinical, and School Psychology. Register at goo.gl/btjcDM

Workshop
UPSTANDER INTERVENTION TRAINING
COUNCIL ON AMERICAN-ISLAMIC RELATIONS
THURS, FEBRUARY 22ND, 2–3:30 PM
WORKSHOP/MCC LOUNGE
In today’s society we constantly see bullying, discrimination, and even hate crimes happening around us. According to Council on American Islamic Relation’s 2017 Civil Rights Report, the number of hate crimes in the first half of 2017 has spiked 91 percent compared to that same time period in 2016. There is a marked increase in hate violence, not just for the Muslim community but for all communities of color. In this Upstander Intervention Training you will gain the tools needed to de-escalate a situation that can become violent while supporting the targeted person(s). Register at goo.gl/vYUbtr

Creative Writing Workshop
ENACTING IDENTITY THROUGH WRITING
ALI M. RAHMAN
TUE, FEBRUARY 13TH, 2–3:30 PM
WORKSHOP/MCC LOUNGE
Discourse cannot exist independently from cultures and ideologies, and therefore when we write we are inherently enacting our own identities in the process. This workshop will explore how we are able to give voice to our experiences and engage with audiences about race, gender, sexual identity, and more through the particularly intimate medium of creative writing. Through discussion, reading, and writing, we will contemplate authenticity, what it means to find truth through fiction, especially when our own voices are co-opted by others. Led by Ali M. Rahman (Ph.D. Candidate in Comparative Literature and M.F.A. in Creative Writing), the workshop will include onsite writing activities but writers are also encouraged to bring in their own work (poems, personal essays, flash fiction, or other short works) as it relates to their own identity. Register at goo.gl/AzqtYL

For more information or assistance in accommodating people of varying abilities contact the MultiCultural Center at 805.893.8411
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