Being Well in the Midst of Racial Trauma

The EAP is offering a four-week group to faculty and staff impacted by race-based trauma. From microaggressions to hate crimes, race-based trauma can have a significant impact on our mental health. This group will feature opportunities to learn about and practice self-care strategies, in community with others, to combat race-based trauma's long-term effects. Each week will feature a different wellness technique to add to your self-care routine. The group will take place on Wednesdays at 4 pm on Zoom, beginning March 31st. EAP needs you to fill out some information prior to attending your first meeting with the group.

If interested, please call 512-471-3366 or email eap@austin.utexas.edu for more information.