

African, Black & Caribbean, Asian Pacific Islander, & LGBTQ+

Employee Resource Groups Present:

CUIMC's African, Black & Caribbean, Asian Pacific Islander and LGBTQ+ Employee Resource Groups have partnered with The Center for Anti-Violence Education to bring our community two pertinent virtual workshops in June.

Empowerment Self-Defense: Eyes Up, Hands Up, Strike Back**Tuesday June 1st, 2021****4:00pm – 5:30pm**

Provide tools to apply to a range of interpersonal situations, from physical skills to verbal, emotional and social techniques like assertiveness, de-escalation, situational awareness and self-care practices for healing from violence. Each session is facilitated through a trauma-informed lens and centers the experiences of those most at risk for violence.

<https://events.columbia.edu/go/EmpowermentSelfDefense2021>

Upstander & Allyship: Addressing Hate & Violence**Wednesday June 16th, 2021****2:00pm – 3:30pm**

Provide interpersonal tools to prevent, disrupt and help heal from violence in their communities. Workshops are interactive and addresses a range of topical concerns. Participants will gain a greater understanding of how to center humanity across identity groups and operationalize skills like de-escalation and active bystander interventions.

<https://events.columbia.edu/go/UpstanderAllyship>

CENTER FOR
ANTI-VIOLENCE
EDUCATION

All Columbia University Staff and Faculty are welcome to attend

Seats are limited

Advance registration required. Zoom meeting details will be provided to registrants 48 hours before the session

For more information visit:

<http://www.cumc.columbia.edu/hr/working-at-cumc/staff-diversity-inclusion>

or email: custaffdiversity@cumc.columbia.edu