

Sistah to Sistah

A Group for African American/ Black Women



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CAPS, North Hall

Thursdays: 3:10 PM – 4:30 PM

This group is specifically tailored to address the needs and issues salient to African American/ Black women. Our theme for the year is "Mind, Body, & Soul" and we will focus on issues related to uplifting the emotional health of African American/Black women (e.g. self esteem; relationships; impact of skin color and hair on life experiences; spirituality; being an African American/Black student at UC Davis). We will use a variety of media, including music, poetry, and film clips to enhance understanding and dialogue around the issues explored in the group.

For more information, contact Counseling & Psychological Services (CAPS) at 752-0871 or email klhaggins@ucdavis.edu or trjackson@ucdavis.edu