



Sawrubona

Healing Group



Thursdays from 12:30 to 2pm

Bengal 8th floor Lounge (832) - 2/23
Neumann Common Room - 3/2
Bishop Classroom (126) - 3/9
Tower 1 Lounge (1010, 1020) - 3/16
Tower 3 Lounge (1010) - 3/23

Moore Lounge - 4/6
RA front desk in STAC - 4/13
Bengal 8th floor Lounge (832) - 4/20
Neumann Common Room - 4/27
Bishop Classroom (126) - 5/4

**A safe place for students that identify as Black/African or
Black/African decent**

- We will discuss many culturally relevant topics while providing you a space to observe, listen, share and be in community with your Black/African peers
- We will participate in enjoyable healing exercises to address stress, trauma, anxiety, coping and more, all from a culturally sensitive and culturally affirming lens
- We will explore Black self worth and acceptance and Black Triumph and Joy!



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The State University of New York



Scan for next
registration steps

*Space is limited