



ELECTION SUPPORT RESOURCES

ELECTION SUPPORT GROUP

National elections can sometimes trigger a strong emotional reaction including anger, fear and sadness. Finding space to process these feelings is important to maintain mental health. Join CAPS for a drop-in online support group. *No sign up needed.

Meeting Information: 11/2 and 11/4 from 1-2:30 PM, Meeting ID: 886 2488 8446, Password: 880758

FINDING PEACE: ELECTION 2020

Daily stress from a contentious election, 24/7 news reporting, and the global pandemic has impacted many aspects of our lives. Join CAPS for a three session, 50-minute workshop designed to teach you the coping skills you need to maintain good mental health during a difficult time. Free! Call (520) 621-3334 to sign up!

Meeting Information: Workshop #1: 10/27, 11/3, and 11/10 @ 1PM
Workshop #2: 11/3, 11/10, and 11/17 @ 9AM

STUDENTS OF COLOR SUPPORT GROUP

Now more than ever, the University of Arizona recognizes that it is critically important for students of color to be able to connect with and get support from their communities, regardless of physical distance. Join CAPS for a free, biweekly, drop-in support group specifically for students of color, with the goal of creating a safe and easily accessible space for you to seek support if you need it. *No sign up needed. Each support group will remain open for the first 20 minutes of the hour for students to join. Meets weekly, ongoing.

Meeting information: Tuesdays 2pm, Meeting ID: 932 3655 1999, Password: GRZKID
Thursdays 11am, Meeting ID: 939 6973 5754, Password: FYQIR3

WILDCATS ELECTION TALKING CIRCLE

This support group is unique in that the Talking Circle is a practice within the Indigenous Health Movement which creates a safe non-hierarchical space for everyone to share their feelings, perspectives, and experiences with others without being interrupted. It has been expanded for use within other groups for purposes such as social justice, activism, education, therapeutic group support and community organization. No sign up needed.

Meeting Information: 11/2, from 4-5:00 PM, Zoom link: <https://uahealth.zoom.us/j/4696938122>

LGBTQIA SUPPORT GROUP

LGBTQIA support group is a safe space for UA students to talk in an open and supportive environment about issues impacting their lives and the LGBTQIA and allied community. Students can discuss topics ranging from coming out to making new friends, from the media to gender identity. No sign up needed. Meets weekly, ongoing.

Meeting Information: Tuesday 4-5:30 PM, Zoom ID: 321 977 968

For additional resources go to :
<https://health.arizona.edu/election-support>