

# IN SUPPORT OF APIDA COMMUNITIES

In light of recent hate-crimes against Asian communities, we would like to hold space for APIDA-identified community members to process our reactions, feelings, and thoughts.

We at Counseling & Psychological Services (CAPS) stand in solidarity with all members of our APIDA (Asian Pacific Islander Desi American) and Asian communities against any form of xenophobia, oppression, racism, and sexism.

Do consider joining us if you want to be in community with others. However, there is no pressure to attend because we know that sometimes you want or need to talk about what you're experiencing, and other times you may need some distance to manage your experiences.

**Date: March 18th, 2021 (Thursday)**

**Time: 5pm - 7pm**

**Zoom: <https://ucsb.zoom.us/j/89244662110?pwd=SktQUeTjNzREelZwc3JocU1Zc114QT09>**

