



Virtual “Let’s Talk” Drop-In Consultations for Black and African American Students

Are you:

- Feeling isolated or marginalized on campus or in your department?
- Struggling with discrimination, racism or microaggressions?
- Managing multiple identities? (ie. gender, sexuality, race, class, disability, etc)
- Coping with stress of UC Berkeley while balancing personal or family challenges?
- Feeling daunted by the the process of getting an appointment at Tang?

Meet with a CAPS Counselor that serves the Black Community Free Drop-In Consultations



Adisa Anderson

Thursdays, 2-4pm
[Adisa’s WeJoinIn Link](#)

Specialty Areas:

- Holistic Health & Wellness
- Men’s concerns
- Relationships/family
- Complex Trauma



Geneé Jackson

Mondays 10am-12pm
[Genee’s WeJoinIn Link](#)

Specialty Areas:

- Health/Wellness
- Mindfulness
- Social Justice Issues
- Relationships/Family



Amber Jaiza Jones

Thursdays, 11am-1pm
[Jaiza’s WeJoinIn Link](#)

Specialty Areas:

- LGBTQIA Concerns
- Family of Origin Concerns
- Grief/Loss/Spiritual Life

Counseling Groups

Counseling groups are also available for Black students. They’re free and don’t require health insurance. Many students benefit from counseling in a group format where common concerns can be explored. Groups offer the chance to learn new skills and to share your concerns in a safe environment, by meeting with other students. Register at uhs.berkeley.edu/group

Black Womxn’s Sister Circle

Mondays, 3:30-5pm
Facilitated by Jaiza Jones
and Geneé Jackson

BIPOC Queer Womxn’s Support Circle

Tuesdays at 2:15-3:45pm
Facilitated by Jaiza Jones

BIMOC Black Indigenous Men of Color Healing Circle

Tuesdays: 3:15-4:45pm
Facilitated by Adisa Anderson

Heart Wisdom: BIPOC Meditation and Healing Community

Fridays at 11am-12:30pm
Facilitated by Jaiza Jones