



SSWANA LET'S TALK

FALL 2020

Virtual Drop-in Consultation for SSWANA Students
SSWANA stands for South Asian, Southwest Asian, and North African

Why Let's Talk?

- FREE access to supportive counseling and referral to resources
- Confidential, safe space for informal consultations
- Culturally Centered
- Easy Sign-Up Online

DROP-IN SCHEDULE

Fridays, 10am-12pm

Available Virtually, Sign Up at wejoinin.com/kmurarka



Kusha Murarka, PsyD

Kusha is a professionally trained clinician that is familiar with the cultural needs of SSWANA students at UC Berkeley and has been working on the SSWANA Wellness Grant since January 2019. The grant assesses and serves the wellness needs of this large group of students on campus.

Specialties include:

- Family of origin concerns
- Immigrant experience
- Relationship issues
- Identity concerns
- Mood/Anxiety concerns
- Balancing academic, family, & work demands

For urgent concerns or to schedule an appointment with Counseling and Psychological Services (CAPS), call (510) 642-9494. Learn more about CAPS at uhs.berkeley.edu/CAPS