



**RISE Center at UCLA**  
*Heal. Connect. Thrive.*

# **RISE Healing Programs for Black Bruins: *In Solidarity***

*offered via Zoom for UCLA  
Black students, staff, and faculty*

**Body Love Healing Class** Thu 3pm to 4pm, June 4

**Trauma Healing Circle** Mon 10am to 11am, June 8

**Body Love Healing Class** Mon 3pm to 4pm; June 8

**Meditation and Movement for Black Bruins** Wed 1pm to 1:30pm; June 10

**To access our Live and Virtual Programs, please visit:  
[www.RiseCenter.Ucla.Edu/Virtual-Library/Healing-Support-  
for-Black-Bruins](http://www.RiseCenter.Ucla.Edu/Virtual-Library/Healing-Support-for-Black-Bruins)**

## **Virtual Healing Library for Additional Support and Resources:**

*Self-Guided Healing Library  
Healing Support for POC and Educational Resources for  
Allies*

*Virtual Healing Library  
Pre-recorded videos to support healing*

*Meditations for POC  
Supportive, trauma-informed pre-recorded meditations for  
people of color*