CUIMC’s African, Black & Caribbean, Asian Pacific Islander and LGBTQ+ Employee Resource Groups have partnered with The Center for Anti-Violence Education to bring our community two pertinent virtual workshops in June.

**Empowerment Self-Defense: Eyes Up, Hands Up, Strike Back**
*Tuesday June 1st, 2021*
4:00pm – 5:30pm

Provide tools to apply to a range of interpersonal situations, from physical skills to verbal, emotional and social techniques like assertiveness, de-escalation, situational awareness and self-care practices for healing from violence. Each session is facilitated through a trauma-informed lens and centers the experiences of those most at risk for violence.

[https://events.columbia.edu/go/EmpowermentSelfDefense2021](https://events.columbia.edu/go/EmpowermentSelfDefense2021)

**Upstander & Allyship: Addressing Hate & Violence**
*Wednesday June 16th, 2021*
2:00pm – 3:30pm

Provide interpersonal tools to prevent, disrupt and help heal from violence in their communities. Workshops are interactive and addresses a range of topical concerns. Participants will gain a greater understanding of how to center humanity across identity groups and operationalize skills like de-escalation and active bystander interventions.

[https://events.columbia.edu/go/UpstanderAllyship](https://events.columbia.edu/go/UpstanderAllyship)

All Columbia University Staff and Faculty are welcome to attend
*Seats are limited*

Advance registration required. Zoom meeting details will be provided to registrants 48 hours before the session

For more information visit:
[http://www.cumc.columbia.edu/hr/working-at-cumc/staff-diversity-inclusion](http://www.cumc.columbia.edu/hr/working-at-cumc/staff-diversity-inclusion)
or email: custaffdiversity@cumc.columbia.edu