

Columbia University Irving Medical Center Celebrates:

Black History Month

February 1st – 28th 2021

Hosted by the African Black & Caribbean Employee Resource Group



All Staff and Faculty are welcome to attend the following virtual events:

Keynote Address: Mental Health, Racism and Trauma

Thursday, February 4th 11am – 12pm

Dr. Dana Crawford will kick off our Black History Month 2021 celebration as our keynote speaker.



For hundreds of years, BIPOC have experienced trauma due to violence, oppression and structural racism which has led to various inequities. The effects of racism can be experienced personally, vicariously and collectively. The mental health effects of racism include depression, anxiety, distress, psychological stress, negative affect, and post-traumatic stress.

Dr. Dana E. Crawford, Psychologist, Scholar-in-Residence at the Zuckerman Institute, and Founder of Crawford Bias Reduction Theory and Training, to join us for a webinar on mental health, racism and trauma. Dr. Crawford's full bio is <https://zuckermaninstitute.columbia.edu/scholar-residence>

Cooking with Chef Cooley

Friday, February 12th 4pm – 5pm



Chef Cooley, will share southern inspired dishes & provide the opportunity to cook along virtually. Ingredients will be shared in advance with registrants.

Zuzu African Acrobats Performance

Wednesday, February 24th 2pm – 3pm



For the last five years, the Zuzu African Acrobats from Tanzania have been bringing Africa to American audiences. This event will be a live performance followed by Q&A.

Zoom registration is required for each event. Here are the links:

2/4th 11:00am – 12:00pm: https://columbiacuimc.zoom.us/webinar/register/WN_s0L5K2tLRyOGwBhAP80hDQ

2/12th 4:00pm-5:00pm: https://columbiacuimc.zoom.us/webinar/register/WN_WL6oye4cRnm-lZcNcgWV_g

2/24th 2:00pm - 3:00pm: https://columbiacuimc.zoom.us/webinar/register/WN_zgFIMiQPR7-w0nTQkg52Dw

For more information visit:

<http://www.cumc.columbia.edu/hr/working-at-cumc/staff-diversity-inclusion>

or email: custaffdiversity@cumc.columbia.edu