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](https://zuckermaninstitute.columbia.edu/scholar-residence)

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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.

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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.

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

2/4th 11:00am – 12:00pm: [https://columbiacuimc.zoom.us/webinar/register/WN_s0L5K2tLRyOGw8hAP80hDQ](https://columbiacuimc.zoom.us/webinar/register/WN_s0L5K2tLRyOGw8hAP80hDQ)

2/12th 4:00pm-5:00pm: [https://columbiacuimc.zoom.us/webinar/register/WN_WL6oye4cRnm-iZcnC6WwHv_g](https://columbiacuimc.zoom.us/webinar/register/WN_WL6oye4cRnm-iZcnC6WwHv_g)

2/24th 2:00pm - 3:00pm: [https://columbiacuimc.zoom.us/webinar/register/WN_zgFlMiQPR7-w0nTQkg52Dw](https://columbiacuimc.zoom.us/webinar/register/WN_zgFlMiQPR7-w0nTQkg52Dw)

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