

**"Women of Color Self-Care Dialogue" facilitated by Dr. Jackie Reza**  
**October 19th, 3-4:30 pm**  
**Multicultural Community Center**



As women of color, we are often asked to do more and more with less and less recognition and not given credit where credit is due. We are frequently put in a position that causes us to subordinate our own needs for the sake of making our institution and upper management look good. Moreover, we are often under-estimated and not given challenging projects and/or overlooked for promotion. The result is that we may suffer from lower rates of physical and mental health, lower self-worth, disrespectful treatment and a devaluing our contributions. In this 90-minute session, participants will have the opportunity to give voice to their own self care needs, hear about the experiences of others, and learn about self-improvement actions they can take immediately.

**RSVP to: [staffdiversity@berkeley.edu](mailto:staffdiversity@berkeley.edu)**

Best,

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Pronouns: she/her/hers

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