

# (Re)Claim & Connect

AN ANTI-ASIAN RACISM  
COUNSELLING SUPPORT  
GROUP



## *Participants Needed*

We are looking for people to field test a **free** online anti-Asian racism counselling support group and provide feedback on how to improve it.

If you:

- Are of Asian heritage (including multiracial and all regions of Asia)
- Have basic proficiency in written and spoken English (the group involves sharing stories and reflections in English)
- Experienced and are experiencing racism
- Are willing to fully participate in the group
- Are willing to support others in the group
- Located in British Columbia

**WE NEED YOUR HELP!**

*For further information and to participate, please contact:*

Dr. Fred Chou through email ([growthandsolidarity@uvic.ca](mailto:growthandsolidarity@uvic.ca)) and/or phone (**250-721-7809**) leaving your name, contact information, and a message telling us that you are interested in participating.

