

URGE Session 7 - Self Care resource map

Eastern Standard Pod

Within the organization - (e.g., diversity officer, counseling and psychological services, ombudsperson, affinity groups, and recurring events)

Institute	Resource	Link
WVU	Student Activity Series	https://refresh.wvu.edu/
Molloy	VP for DEI; Associate Director for Equity; Student Personal Counseling Center	https://www.molloy.edu/molloy-life/campus-life-and-activities/student-personal-counseling-center
UC	Student Resources	https://www.uc.edu/campus-life/caps/resources/student-resources-/RacialTraumaResources.html (example event) https://campuslink.uc.edu/event/6685030
	African American Cultural & Resource Center	https://www.uc.edu/campus-life/aacrc.html
NOAA	Office of Inclusion and Civil Rights	https://www.noaa.gov/organization/inclusion-and-civil-rights
	Special Emphasis Programs	https://www.noaa.gov/organization/inclusion-and-civil-rights/special-emphasis-programs
	Affinity Groups (don't have a link for this)	

In your city locally (e.g., meet-up/social/hobby groups, religious or spiritual communities, businesses like barbershops).

Locality	Resource	Link
Cincinnati	Urban League	https://www.ulgso.org/

Outside of your community- groups like SACNAS, NAGB, AISES, and GeoLatinas can help foster meaningful connections to a broader network.

Resource	Link
SACNAS, AISES	https://www.sacnas.org/ https://www.aises.org/about
SACNAS, ABRCMS, & NSURP	https://www.abrcms.org/ https://nsurp.org/
AA MLA - radical self care weinbar series	https://sites.google.com/view/aamla-mla/events-meetings/spring-2021/radical-self-care-wellness