



Healing Words: A Guided Journaling Workshop for Navigating Grief and Sadness

Tawn Le

- **DATE:** Thursday, March 14, 2024
- **TIME:** 4:30pm-5:30pm
- **PLACE:** Room M-108
- **REGISTRATION:** <http://bit.ly/lagccEventReg>

In this workshop, we aim to explore and express the complex emotions of grief and sadness through guided journaling and self-reflection. The workshop is specifically tailored for students and faculty/staff from the Asian diaspora who seek to navigate emotions brought forth by anti-Asian hate. We hope to create a supportive space where participants can embark on a transformative journey of self-expression, connecting with others, and moving through emotions like anger, fear, and hurt. Participants will have the opportunity to engage in written reflections, connect in small groups, and conclude with resources and next steps for continued support.

LaGuardia Community College has been celebrating the Asian American Pacific Islander (AAPI) Celebration in May every year. AAPI is an annual event of LaGuardia featuring various cultural, philosophical, and linguistic heritages from Asian countries. Along with the other cultural heritage celebrations, including African American Heritage week and Latino Heritage week, AAPI acknowledges and celebrates diversity and cultural richness of LaGuardia Community College. Visit <https://www.laguardia.edu/aapi/> for more information.