

# Let's Talk About It: Healing from Racial Trauma in Asian Communities



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Code and fill  
out by  
**February 21,  
2025**



Social Work Asian & Pacific Islander (SWAPI) at UW's School of Social Work  
Grand Challenges Project

Learn emotional regulation skills through mindfulness activities informed by  
body-based interventions and healing with community  
Group will be held on the following Fridays from 5 PM-6:30 PM:  
February 28, March 7, April 4, April 11, April 25 and May 2