

# BIPOC Drop-In Group



This drop-in group is committed to providing an affirming space for BIPOC students to reflect on their experiences at a Predominately White Institution. In this group, we recognize the unique experiences of BIPOC students and aim to foster a community for students to give voice to their experiences, gain support, and develop healthy coping strategies. Topics explored in this group include but are not limited to navigating microaggressions, feelings of isolation, imposter syndrome, being first generation American, family/social relationships, and maintaining healthy self-care in the current socio-political climate.

**Wednesdays 3:30-4:30 PM**  
**240 Student Union, Intercultural and Diversity Center**

For more information on how to join, please email  
Frankie Kraft: [frankiek@buffalo.edu](mailto:frankiek@buffalo.edu)