



BUILDING A CULTURE OF RESPECT:  
Enriching Minds, Engaging Hearts, Creating Global Community

# A Workshop on Coping with the Current Political Climate



**Wednesday, April 19**

**Time: 12:00 – 1:30p.m.**

**Montgomery College, Rockville Campus  
Science Center Building, Room 458**

A discussion on how the negative political climate and increase in hate speech may impact our emotional wellbeing. The workshop aims to address the following:

- The impact of our current political environment and the rise in fear, anxiety, isolation, and shame
- Building awareness on how fear is experienced in the brain and body
- Understanding the importance of belonging and acceptance, and their connection to shame and fear
- Coping strategies for intense emotions
- Providing activities (journaling, mindfulness, cognitive techniques) to manage emotions

**PRESENTER**

**Kami Sankar Boyle, LCSW-C**

Engage with Us: #CultureofRespect @MCGlobalNexus



*The event is free and open to the public. It satisfies the Multicultural and diversity training requirement. Certificates of Attendance will be available at the event.*

**QUESTIONS? Contact Enas Elhanafi at [Enas.Elhanafi@montgomerycollege.edu](mailto:Enas.Elhanafi@montgomerycollege.edu)**

*This event is co-sponsored by the Counseling Department-R, in collaboration with the MC Wellness Fair.*