Brother 2 Brother: A Support Group for Black Men

?How does it feel to be a problem??  W.E.B. Dubois wrote those words more than 120 years ago about his experience of Blackness in the United States of America. Dubois spoke of a ?double-consciousness? Black people in the U.S. live with; torn between a desire for pride and harmony in their racial identity and identity as Americans, and the painful reality of being part of a country that continually tells Black people they do not belong. ?This sense of always looking at one?s self through the eyes of others, of measuring one?s soul by the tape of a world that looks on in amused contempt and pity.?

The killing of George Floyd is just the latest devastating example that Black people have been under attack since the founding of the United States of America. Frequent messages of otherness, fear, hatred, and negative stereotyping can make it hard to maintain a positive self-image of oneself as a person of African heritage living in the United States of America. This can be especially true for Black male students in higher education.

This group gives a space for Black men to support each other through the journey of navigating higher education and life.

There is no one way to be a Black man, even though we can often receive messages
from the world, and other Black people, that this is true. This group will offer the chance
to define who you want to be, and to explore all the diverse facets of the human
experience that can be contained within Black men. This group seeks to create a safe
and trusting environment to dialogue openly and honestly about the experiences of
Black men in order to support one another, have a space to let go of self-conscious
presentation and just be ?you,? facilitate empowerment and encouragement, and find
healing in the company of other Black men.

Just a few of the topics that could be explored in group:

- Imposter Syndrome
- Mental health challenges and stigma
- Code switching
- Academic struggle & achievement
- Being a Black man at UNC
- Coping with racial trauma and stereotyping
- Family
- Dating and romantic relationships
- Relationships with other Black men (or men in general)
- Self-worth and acceptance
- Triumph & Joy

Nothing is off limits!

Once the group has enough members to start, it will run until the end of the semester.
Join us today for this powerful, transformative, and reparative experience!

To join this group, please indicate your interest using the group interest form [1].
Members will need to meet with the facilitator(s) to do a pre-group screening meeting
prior to attending. The facilitator(s) will respond to all received group interest forms to
set up a time to meet.

Mondays 9:30 ? 10:50 am
Theme/Support [2]
Open
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Source URL: https://caps.unc.edu/brother-2-brother-support-group-black-men

Links
[1] https://caps.unc.edu/services/group-therapy/how-join-group
[2] https://caps.unc.edu/group-therapy-types/themesupport