

Spring Semester 2023

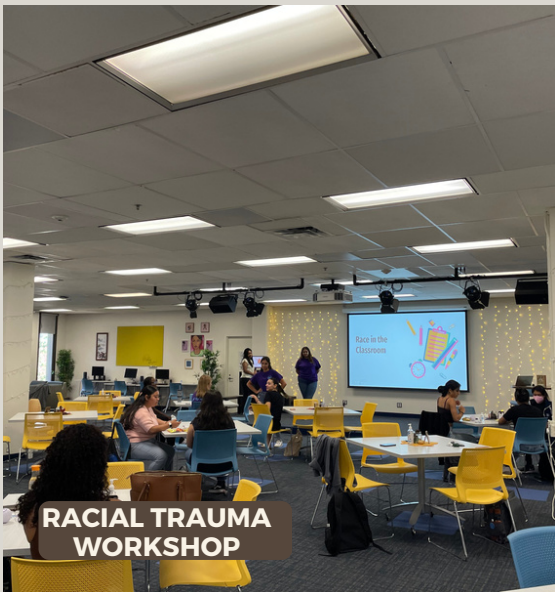
# AmIOK's *Peer Facilitators*



**PEER2PEER**

## *About AmIOK Peer Support*

AmIOK's trauma-trained volunteers developed peer support offerings for TCNJ students! These offerings include weekly Peer-to-Peer support groups and monthly Racial Trauma Workshop Discussions



**RACIAL TRAUMA  
WORKSHOP**

To learn more...

Read on to learn more about the support offerings and the facilitators!

Spring 2023

# Peer-to-Peer Support Group

Every Wednesday this semester, trauma-trained AmIOK volunteers will be facilitating support groups for TCNJ students to promote a safe space for healing and developing resilience skills. This program is 100% student-made and student-facilitated. Walk-ins are welcomed!

## Schedule:

2/8 Trauma Myths and Facts  
2/15 Healing  
2/22 Adverse Childhood Experiences  
3/1 Social Media & self care  
3/8 Setting Boundaries  
3/22 Reaching out for help  
3/29 Depression  
4/5 Burnout  
4/12 Supporting Others  
4/19 Destress

This semester, the Peer-to-Peer Support groups will run from 2:00 - 3:00 pm in the Education Building, Room 109

Spring 2023

# Peer-to-Peer Support Group

Meet the facilitators!



Fun Fact: Last year I learned to  
crochet.

In addition to being an AmlOK Companion, I am also the lead Peer-to-Peer facilitator. This is my fourth, and final semester facilitating the support group as I will be graduating in the fall. I love being a part of the Peer2Peer support group as it allows me to connect with fellow students in a space of mutual healing.



Spring 2023

# Peer-to-Peer Support Group

Meet the facilitators!



Fun fact: My sister and I were in the newspaper when we were 4 and 5 years old because she saved me from being swept away from a wave at the beach.

Even being in the shoes of a facilitator, I feel rejuvenated after the support group. I believe it helps to connect with peers because it can make you feel heard and understood. It is comforting to have a space where you can be a shoulder to lean on while being able to express yourself. I appreciate that what we talk about can differ each semester so we can cover relevant topics. Offering this support can help remind others that they are not alone.





Spring 2023

# Peer-to-Peer Support Group

Meet the facilitators!



A fun fact about me: I am from  
Staten Island, NY.

Being a college student myself, I have experienced some of the struggles that many students have firsthand. If there is anything I learned from being at TCNJ, it is that we do not have to struggle alone and there are healthy ways to cope with that struggle. Peer2Peer offers a safe environment where students can not feel so alone in the challenges that they may have in their day to day life. I cannot wait to meet and talk to everyone.



Spring 2023

# Peer-to-Peer Support Group

Meet the facilitators!



A fun fact about me is that I have  
a tattoo in German.

I am honored and thrilled to be a facilitator for the upcoming Spring 23' support groups. These groups are excellent because they allow community members to come and talk about topics they struggle with and even meet other students. The fact that I am able to participate and represent AmIOK in such a fantastic way is such a great thing.



Spring 2023

# Peer-to-Peer Support Group

Meet the facilitators!



A fun fact about me is that I love  
learning languages!

I believe that Peer-to-Peer is a space where people are free to express any thoughts they may have. It is wonderful to know that AmIOK has created a safe space for students to connect with students to learn that they are not alone.



Spring 2023

# Racial Trauma Workshop Discussions

AmlOK is hosting a monthly workshop series about ending the effects of racial trauma on campus. this is to promote a safe space on campus for all TCNJ students

## WHAT IS RACIAL TRAUMA?

"RACIAL TRAUMA, OR RACE-BASED TRAUMATIC STRESS (RBTS), REFERS TO THE MENTAL AND EMOTIONAL INJURY CAUSED BY ENCOUNTERS WITH RACIAL BIAS AND ETHNIC DISCRIMINATION, RACISM, AND HATE CRIMES." (MHA, 2023)

## Schedule:

2/3 Intersectionality & Race

3/3 Racism in the Workplace

4/7 Generational Effects of Racism

These workshops will be held on the first Friday of each month from 1:00 - 2:00 pm. The first workshop will be held in the Education Building, Room 113. The remaining two will be held in the Intercultural Center (Roscoe West 201).



Spring 2023

# Racial Trauma Workshop Discussion

Meet the facilitators!



Fun fact: my concentration is in  
social justice!

I am excited to be a  
facilitator for AmIOK's  
Racial Trauma  
Workshop Discussion  
series. I am passionate  
about championing  
inclusivity and diversity  
at TCNJ and hope these  
workshops are  
educational and a safe  
space for students.



Spring 2023

# Racial Trauma Workshop Discussion

Meet the facilitators!



A fun fact about me is that I am one of AmlOK's interns this spring!

I am extremely excited to be working in this workshop this semester! I believe that the Racial Trauma Workshop provides an environment where students can speak freely about trauma they have experienced. In addition, the workshop lends support to students by educating them on the effects of racial trauma and how to handle these experiences. Oftentimes the issue of racial trauma is overlooked, and I am proud to be a part of AmlOK to supply the necessary tools to support my peers.



Spring 2023

# Racial Trauma Workshop Discussion

Meet the facilitators!



Fun fact: I am a dancer!

I am very excited to be facilitating the Racial Trauma Workshop this semester to assist individuals in becoming aware of racial issues and how to help individuals dealing with racial trauma. It is so important to bring these issues to light, especially while attending a predominantly white institution. My hope is that we can create a safe space for individuals to share their experiences and learn from others.



Spring 2023

# Racial Trauma Workshop Discussion

Meet the facilitators!



Fun fact: I have a lizard named  
Kiwi!

I have been a part of the AmlOk program for the past two years and I have enjoyed every second of volunteering. When the Racial Trauma Workshop was brought in as an idea, I knew immediately that I wanted to be a part of it. I have seen the workshop series evolve through many different phases and I am happy to see its success. I hope that we are able to open new discussions and topics to those who have experienced racial trauma and those who want to learn about it.



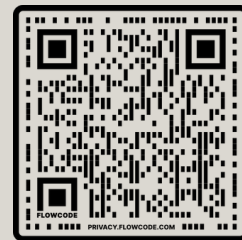


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information