



The **Intercultural Center** Newsletter

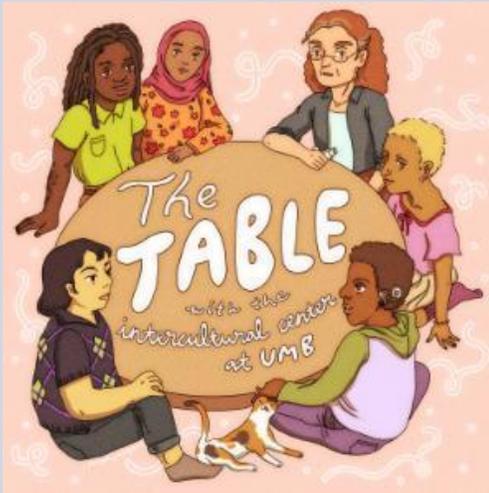
The Intercultural Center newsletter includes insights, events, and initiatives that promote intercultural education at the University of Maryland, Baltimore.

Our newsletter is released every first Wednesday of the month.

The Table Podcast

Fat Isn't Bad, Anti-Fat Bias Is

As the end of the year approaches, we may become more aware of the messages from the media, our families, or ourselves that are centered on losing weight. The pressure to lose weight can be tied to negative perceptions of fat as evidence of a person's lack of self-control, laziness, or failure to care for themselves. These negative perceptions are what many fat activists and scholars are naming as anti-fat bias. We're dedicating this episode to unpacking the history and present-day impacts of how anti-fat bias and weight



stigma, not solely fat itself, harms and dehumanizes fat people.

In this episode you'll hear from three guests, **Tierra Major Kearney**, the prevention and outreach program coordinator at the UMB Student Counseling Center, **Chaia Grubbs**, a licensed clinical social worker and senior counselor at the UMB Student Counseling Center, and **Ariana Meinster**, a final year student at the UMB School of Social Work. They'll share their experiences and suggestions for dismantling anti-fat bias. Check out the episode on [our webpage!](#)

Do you have questions related to race, ethnicity, culture, and current events that you'd like for us to unpack on The Table podcast? We're opening up our inbox! Send questions to ile@umaryland.edu.

Upcoming Intercultural Center Events



The Table Dialogue: Anti-Fatness in Healthcare
December 15 | 12 PM | [Register Here](#)

The Table is a monthly dialogue series where UMB students, staff, and faculty are invited to discuss current issues and unpack questions regarding race, ethnicity, culture, and norms.

In this month's dialogue we will discuss anti-fatness and how activists are reclaiming the term "fat" to advocate for equity in healthcare.

UMB Food Pantry

The UMB Food Pantry is Officially Open!



Students are now eligible to place a food order from the UMB Food Pantry. [Click on this link](#) to complete the form. Once your order has been bagged for you, you will receive an email with pick-up instructions. The current pick-up location is the SMC Campus Center, located at 621 W. Lombard Street.

UMB Food Pantry Pop-Up

The UMB Food Pantry will be distributing cost-free bags of food items. All students at UMB are welcome to pick up a bag.

Wednesday, December 8, 2021

Time: 12-1pm

Location: 1st floor - SMC Campus Center

[Learn more about food access resources here.](#)

Student Disability Advisory Group Listening Sessions



Educational Support and Disability Services (ESDS) and the **Intercultural Center** are teaming up to create a Student Disability Advisory Group.

We are interested in hearing your thoughts and suggestions! Please take part in an open listening session, to learn more and share your ideas before we formally start the program in the Spring.

Please RSVP on the following date:

December Listening Session
December 9 at 1 PM
[Zoom Registration Link](#)

Campus Partner Events



Stressbusters is a nationwide college health program that

In recognition of International Day of Persons with Disabilities

Save The Date:
Ableism and Disability Justice
Virtual Panel Discussion

Friday,
12/03/2021
12:15 - 1:45pm



Ableism and Disability Justice
Virtual Panel Discussion

helps students rediscover relaxation. At UMB, we are committed to spreading awareness about stress and anxiety, creating supportive programming, and providing resources designed to help students in academic success.

Burnout: Managing Wellbeing -
December 1 | 12 PM | On Campus at the Campus Center (Elm Room A) | [Register Here](#)

Pawtytime
December 3 | 11 AM - 1 PM | SMC Campus Center Lobby

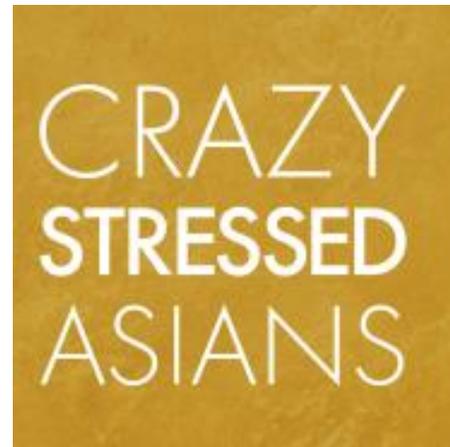
December 3 | 12:15-1:45 PM | [Register Here](#)

Join the the Diversity, Equity and Inclusion Committee (DEIC) in the School of Social Work (SSW) and DREAM: Disability Justice for a candid conversation designed to promote greater awareness and inclusion of individuals with disabilities as we strive to break down barriers and advance disability justice within the SSW and beyond.



Race, Racism, and COVID 19 Health Disparities: The Importance of Community Engaged Research
December 9 | 12 PM | [Attend Here](#)

Please join the University of Maryland School of Nursing's Biology and Behavior Across the Lifespan Organized Research Center as we host Tanjala Purnell, PhD, MPH, who will



Crazy Stressed Asians
December 9 | 6 - 7:30 PM | [Register Here](#)

Crazy Stressed Asians hopes to create a safe community for Asians and Asian Americans of all ethnic backgrounds to explore the impact of their culture, heritage and identity on mental health and wellness. These monthly virtual meetings are meant to engage, share, and

discuss her research and expertise regarding health equity.

discuss different key topics to support Asian and Asian American students.

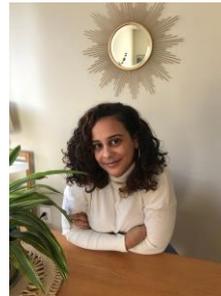
We aim to provide support and psychoeducation—we are NOT group therapy. You may remain anonymous if preferred. Personal info will not be collected, shared or published.

Visit Our Virtual Office Hours



Courtney Jones Carney (she/her)
Director of the Intercultural Center

[Meet with Courtney \(Zoom Link\)](#)
Mondays, 10 - 11:30 am
Wednesdays, 12 - 1 pm



Rosemary Ferreira (she/her)
Associate Director of the Intercultural Center

[Meet with Rosemary \(Zoom Link\)](#)
Tuesdays, 3 - 4:30 pm
Thursdays, 9 - 10 am
Fridays, 1 - 2 pm

Submit Events & Announcements to the Intercultural Center Newsletter

Submission Form

Submit your events or announcements related to diversity, equity, and inclusion. The form must be submitted **before the last Wednesday of the month** to be included in the following month's newsletter.



Founded in June of 2020, the Intercultural Center is diligently working toward the continuation of existing Student Affairs initiatives and the creation of new initiatives.

[About Us](#) | [Contact Us](#)