



Coping and Building Coalitions Amidst Anti-Asian Racism and Violence

This webinar series, held in honor of Asian American and Pacific Islander Heritage Month, is offered by the APA ERG in collaboration with the MIT Human Resources' Center for WorkLife and WellBeing.

Coping as an Asian Pacific American

May 12, 2021 | 12:00 PM – 1:30 PM

This session will provide MIT Asian Pacific American (APA) employees with a safe space to discuss their unique experiences with systemic racism. We will:

- Draw on history to understand the present rise in racism and violence
- Explore the harmful impacts of the [model minority](#) and [perpetual foreigner](#) stereotypes
- Focus on the lived experiences and resilience of the APA community
- Provide strategies that APA employees can use to care for themselves and build support systems

Please note: This session is intended for members of the MIT APA employee community

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Allying with the Asian Pacific American Community

May 26, 2021 | 12:00 PM – 1:30 PM

This session will provide cultural context and tactical guidance around how MIT employees can best support their MIT Asian Pacific American (APA) colleagues. You will leave this session with an understanding of:

- The lived experiences of your APA colleagues
- What APA ally-ship is and is not
- Actions you can take to advance APA cultural inclusion in various situations
- How your APA colleagues would like to be supported during difficult times

Please note: This session is intended for members of the MIT APA employee community AND employees who consider themselves allies of the APA community

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ABOUT THE PRESENTERS



Yi Yang, PhD
Psychologist, Supervisor

Dr. Yi Yang is a clinical psychologist and supervisor. As a private practice therapist, she counsels individuals,

couples, and groups in English and Mandarin Chinese, and specializes in cultivating cultural sensitivity and promoting the mental health and wellbeing of Asians and Asian Americans. Dr. Yang received her master's degree from Oxford University, doctorate from Cornell University, and completed her postdoc at Harvard Medical School.



Rahul Kulkarni, MPH, MBA
CEO, Sukhi

Rahul Kulkarni is the CEO and co-founder of Sukhi, which aims to build the bridge between mental wellness and

cultural understanding through the use of technology, analytics, and therapeutic practices. His prior experience includes consulting with McKinsey, working in global health, and facilitating group therapy sessions. Rahul studied clinical psychology at Tufts Medical School and abnormal psychology at Cornell University, and holds an MBA from the MIT Sloan School of Management.