

2020 ELECTIONS

**YOUR
VOICE.
BE
HEARD.**



WILDCATS ELECTION TALKING CIRCLE

Monday, November 2nd, 2020

4:00 - 5:00 pm

Zoom: [https://uahealth.zoom.us/j/](https://uahealth.zoom.us/j/4696938122)

4696938122

BE HEARD.

According to a new survey conducted by The Harris Poll on behalf of the American Psychological Association, more than two-thirds of U.S. adults (68%) say that the 2020 U.S. presidential election is a significant source of stress in their life (a large increase from the 2016 election).

In an effort to provide University of Arizona students with support around this stressful election, CAPS is offering multiple forms of support for our student community.

This support group is unique in that the Talking Circle is a practice within the Indigenous Healing Movement which creates a safe non-hierarchical space for everyone to share their feelings, perspectives, and experiences with others without being interrupted. It has been expanded for use within other groups for purposes such as social justice, activism, education, therapeutic group support and community organization.

Cindy Klatte has been a counselor at CAPS for over 13 years. She completed the Four Worlds Digital Talking Circle Leadership Program, conducted by the Four Worlds International Institute.

BEAR DOWN N VOTE

<https://asuatoday.arizona.edu/what-we-do/volunteer-services/bear-down-n-vote>