This space is intended for CAL’s international students who currently reside outside of California as an opportunity to connect with each other for wellbeing. The aim is to co-create a mutually supportive space that will enable students to be seen, heard, affirmed, celebrated, and supported through these challenging times. In an effort to stay rooted in our fullest selves, each session will begin with a 20 min guided meditation practice for centering and grounding. This space will also include support to cope with xenophobia, anti-immigration policies, and family, financial, and other COVID-19 related racism and stressors through connecting with collective witnessing, wisdom sharing, radical self-care practice, and community healing.