

## Free Anti-Racist Webinars

- [Knee on Our Neck: Living While Black in America](#) – Penn’s School of Social Policy & Practice/**June 7** – *click on link to see replay of talk.*
- [Solidarity Convos: AAPIs for Black Lives](#) – Asian Pacific Institute/**June 8 at 1PM EST** – “What can we do to make sure our Black communities can breathe without fear?... How can minority communities band together to wipe down white supremacy and systemic racism?...”
- [No More Silence: Tools for White People Who Want to Actively Fight Racism](#) – TAGT/**June 8 at 2PM EST** – “practical tools needed to transform from a mere ally to a true co-collaborator in the fight against racism...”
- [Healing Space with Social Workers](#) – NASW-NYC/**June 8 at 6-7:30PM EST** – “space to create love, power, joy, and solidarity...”
- [Treating Mental Health in the Black Community](#) – Simple Practice/**June 9** – “current and historical impacts on mental health, including ways that *all* mental health professionals can listen and respond to the needs of the Black community.” *Click on link to see recording.*
- [Listening to You about the Ongoing “Racism Pandemic”](#) – APA/**June 9 at 7-8:30PM EST** – “opportunity to engage, to provide recommendations, share your thoughts, ideas and questions... no CE... [replay of June 4th talk](#) on this topic”
- [White People’s Work to End Racism](#) – Showing Up for Racial Justice/**June 9 at 8PM EST** – “White people have an important role and responsibility for being part of a multi-racial movement to end racism and win collective liberation...”
- [Race, Police, and Unarmed Civilian Deaths: What Can Be Done?](#) – Pitt Center on Race & Social Problems/**June 10 at 12PM EST** – no description provided.
- [Difficult Conversations with Jelani Memory, Author of “A Kids Book About Racism](#) – TAGT/**June 10 at 1:30PM EST** – “kids and adults permission to talk about such a difficult topic...”
- [Mobilizing for the Long Haul](#) – Showing Up for Racial Justice/**June 10 at 8PM EST** – “for folks who are newer to racial justice work and folks doing the work of bringing new white folks in. White people have an important role and responsibility for being part of a multi-racial movement to end racism and win collective liberation...”
- [Drive Real Change in Diversity & Inclusion](#) – NeuroLeadership Institute/**June 11 at 12PM EST** – “join Khalil Smith as he reviews the cognitive science of bias and inclusion... [Take the focus off of difference handout](#)”
- [Promoting Organizational and Self-care Strategies for African Americans](#) – National Council/**June 11 at 1PM EST** – “ways in which allies can create courageous spaces to support African American staff and colleagues, and how to build in organizational training and support mechanisms to establish responsive workplaces...”
- [Yoga Nidra](#) – Zencare/**June 11 at 4PM EST** (25 minutes) – “time to rest, reflect, and restore”
- [Black Lives Matter, Protest and Creating Change](#) – Columbia University/**June 11 at 4-5:30PM EST** – “addressing racial injustice in our society and the ways in which we can individually and collectively achieve transformative change...”
- [Blackness, Racism & Protest: Reflections on the Past, Present & Future](#) – NYU/**June 11 at 7-8:30PM EST** – “unpack inter- and cross-racial bias and conflicts, highlight the intersections with other -isms, and underscore the relevance of social movements and protest movements that have been and continue to be so vital...”
- [“I Can’t Breathe: Understanding Cultural Trauma, Grief & Mourning Experienced by African Americans”](#) – BASWC Academy/**June 11 at 8PM EST** – “gain a deeper understanding of African American’s history of trauma in America... why African Americans are struggling to breathe and differentiate grieving and mourning... strategies... to help African Americans cope effectively with their justifiable anger and prolonged psychological trauma...”
- [Free Mental Health Webinars for June 2020](#) – SWC – also check this list for webinars of interest.
- [Allyship: My Unlearning, Calling Myself Out, & Sharing Actionable Steps](#) – /**June 12 at 12PM EST** – “Come unlearn. Come be better. Come call me out and yourself out. Come give the black and POC communities a break on educating us, they’re tired, y’all... resource guide...”

- [How can we fight racism?](#) – Cultural Center of the Lycée Francais de New York/**June 12 at 3PM EST** – “Understanding systemic racism... guests: journalists, professionals, educators and teachers who will help us identify what we can do within and outside of the school to fight racism...”
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- [Dharma and Racial Injustice](#) – Garrison Institute/**June 16 at 4PM EST** -discussion and brief practice for those who are seeking insight and tools that may be useful to all who are faced with racial injustice.”
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- [Supporting the Resilience of Black Men: Culturally Affirming and Responsive Approaches](#) – BRSS TACS/**June 25 at 2PM EST** – “conversation about the experiences of Black men with mental illness, substance use disorder (SUD), or both... current research... best practices and promising strategies for supporting the recovery of Black men...”

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- [How Racism Impacts those We Serve and How We Serve: Are We Meeting Participants Where They Are?](#) – McSilver Institute – 1 CE – “history of racism, how it impacts participants, and what organizations can do to reduce structural barriers for individuals impacted by racism and discrimination...”
- [Identity, Bias, and Cultural Humility: Connecting to Ourselves and Others](#) – McSilver Institute – “cultural humility... Understanding one’s own identity... Recognizing your biases... Recommendations and practice guidelines, including best practices for cultural humility...”
- [Legacies of Pain and Resilience: Clinical Implications for Understanding Historical Trauma and Race](#) – McSilver Institute – 1 CE – “Historical Trauma (HT) refers to the psychological distress experienced by survivors or descendants of human initiated acts of oppression... importance of resilience in helping individuals and communities recover and cope with HT...”
- [Microaggressions and the Therapeutic Alliance: Exploring Ethnically and Racially Diverse Clinician-Participant Relationships](#) – McSilver Institute – 1 CE – “common instances of microaggressions and strategies for how clinicians can challenge racial stereotypes to more effectively work with participants of color...”
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- [The Role of Racial Trauma in Psychotherapy](#) – McSilver Institute – 1 CE – “role of race and racial identity in the therapeutic relationship, and offer best practices for clinicians working with persons of color...”

### Some Resources for People of Color

#### Healing Racial Wounding

- [44 Mental Health Resources for Black People Trying to Survive in This Country](#) – Zahra Barnes/Self – “a list of resources that may help if you’re looking for mental health support that validates and celebrates your Blackness...”
- [Ethel's Club](#) – “wellness and workout sessions, livestreamed classes and salons... \$17/month subscription... healing spaces that center and celebrate people of color through conversation, wellness and creativity...”

- [How Restorative Yoga Can Help Heal Racial Wounding](#) – “A focus on breath while silently repeating “I breathe in rest, I breathe out resilience” supports balancing the nervous system...”
- [Academics for Black Survival and Wellness](#) – resources for Black people to heal in community including a week long survival week Friday, June 19 – Thursday, June 25, 2020 < weeklong personal and professional development initiative for academics to honor the toll of racial trauma on Black people, resist anti-Blackness and white supremacy, and facilitate accountability and collective action.
- [Mending Racialized Trauma: A Body Centered Approach](#) — Resmaa Menakem/Connectfulness – “Resmaa shares that in order to mend racialized trauma we need to move the conversation from race to culture and cultivate a somatic abolitionist mindset and community...”
- [Racial Anxiety Relief – Tapping Meditation](#) – The Tapping Solution – “resource created with our Black, Indigenous, and People of Color community in mind... The pain we are feeling is justified, and our bodies still need a break... we need to take care of ourselves so that we can connect to our own power...”
- [Why People of Color Need Spaces Without White People article](#) – Kelsey Blackwell/The Arrow – “need places in which... can gather and be free from the mainstream stereotypes and marginalization that permeate every other societal space...”
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- **Resources For Self-Education About Racism in The US**

**Recommended Books** H/T [@janemount](#) [see her above image for more books] (affiliate links)

- [Between the World and Me](#) by Ta-Nehesi Coates – (from [the NYT review](#): written in the form of a letter to a black teenage boy... Coates emphasizes over and over the apparent permanence of racial injustice in America, the foolishness of believing that one person can make a change, and the dangers of believing in the American Dream...”
- [Biased: : Uncovering the Hidden Prejudice That Shapes What We See, Think, and Do](#) by Jennifer Eberhardt – “A bias for our own cohort... is a built-in feature of the human brain; it is not in itself a marker of racism, sexism, or any other -ism. The extent to which that bias remains somewhat benign, or instead metastasizes into an active bias against another cohort, is more often



- a product of the prevailing norms and cultures in which we are raised...”  
from [Washington Independent](#).
- [Blindspot: Hidden Biases of Good People](#) by Mahzarin R. Banaji and Anthony G. Greenwald – (from [Harvard book review](#): “hidden biases are revealed through hands-on experience... glimpse into what lies within the metaphoric blindspot – the Implicit Association Test... allow well-intentioned people to better achieve that alignment...”)
  - [Body and Soul: The Black Panther Party and the Fight against Medical Discrimination](#) by Alondra Nelson – University of Minnesota Press has made this free to read online... “The Black Panther Party’s health activism—its network of free health clinics, its campaign to raise awareness about genetic disease, and its challenges to medical discrimination—was an expression of its founding political philosophy and also a recognition that poor blacks were both underserved by mainstream medicine and overexposed to its harms...”
  - [Have Black Lives Ever Mattered](#) by Mumia Abu-Jamal – “essays that draw attention to lesser-known victims of police violence, particularly women of color whose stories never reached the mainstream media...” from [Publishers Weekly](#)
  - [How to Be An Antiracist](#) by Ibram X. Kendi – “At its core, racism is a powerful system that creates false hierarchies of human value... see all forms of racism clearly, understand their poisonous consequences, and work to oppose them in our systems and in ourselves...” Also listen to [Brené with Ibram X. Kendi on How to Be an Antiracist](#)
  - [Just Mercy: A Story of Justice and Redemption](#) by Bryan Stevenson – “memoir, aggregates and personalizes the struggle against injustice in the story of one activist lawyer.... evil can be overcome, a difference can be made...” from [NYT book review](#)
  - [Mindful of Race: Transforming Racism from the Inside Out](#) by Ruth King – “Recognize, Allow, Investigate, and Nurture... we recognize our thoughts and feelings as they arise. We don’t push them away. Or judge ourselves for having them. They are simply what the mind constantly produces. So we allow them to come and go. But we critically investigate them, too...” from [book review](#)
  - [So You Want to Talk About Race](#) by Ijeoma Oluo – “How do you tell your roommate her jokes are racist?... How do you explain white privilege to your white, privileged friend?... honest conversations about race and racism, and how they infect almost every aspect of American life...”
  - [Stamped from the Beginning](#) by [Jason Reynolds and Ibram X. Kendi](#) – “racist thought is alive and well in America – more sophisticated and more insidious than ever... if we have any hope of grappling with this stark reality, we must first understand how racist ideas were developed, disseminated, and enshrined in American society...”
  - [The New Jim Crow: Mass Incarceration in the Age of Colorblindness](#) by Michelle Alexander – “how the US justice system works against black people... If Jim Crow was an effective means of controlling the black

population, then modern mass incarceration, Alexander argues, is its successor... from [the Guardian](#)“

- [When They Call You a Terrorist: A Black Lives Matter Memoir](#) by Patrisse Khan-Cullors and Asha Bandele – “what it means to be a Black woman in America... transformed her personal pain into political power, giving voice to a people suffering inequality and a movement fueled by her strength and love to tell the country—and the world—that Black Lives Matter... from [MacMillian Publishers](#)“

## Articles

- [10 Ways Teachers Can Fight Racism and Teach Tolerance](#) – Jeanne Croteau/WeAreTeachers – “get and stay informed... speak up... give your class a diversity audit... bring empathy into your classroom...”
- [The assumptions of white privilege and what we can do about it](#) – NCR – “understand the difference between being uncomfortable and being threatened... The only reason for racism’s persistence is that white people continue to benefit from it... Stay in the discomfort, the anxiety, the guilt, the shame, the anger... only when white people become upset enough to declare, “This cannot and will not be!” — only then will real change begin to become a possibility...”
- [A Civil Rights Expert Explains the Social Science of Police Racism](#) – Lydia Denworth/Scientific American – “we enslaved people, black people. To hold people in bondage as property, you had to look at them as less than human. You see that continuing to happen today in [what] I refer to as the criminal legal system... I think we all need to admit that it’s not a few bad apples; it’s a rotten apple tree...”
- [How Amy Cooper and George Floyd represent two versions of racism that black Americans face every day](#) – The Washington Post – “Few would call themselves racist, and yet we see the inequality all around us... Economic exclusion is the engine of inequality...”
- [‘Discomfort is part of change’: How to be an ally in fighting anti-black racism](#) – Adina Bresge/Canadian Press – “ongoing commitment to educating yourself about anti-black racism and your role within it, listening to and amplifying black voices and speaking up when they go unheard...”
- [A History of Race and Racism in America, in 24 Chapters](#) – NYT – “the most influential books on race and the black experience published in the United States for each decade of the nation’s existence — a history of race through ideas, arranged chronologically on the shelf...”
- [How to Be A Racial Transformer](#) – Youthrex/Colorlines – “helpful infographic... watch out for coded racism and expose it... dig in and do the work – not just talk – of racial justice...”
- [How to Fight Racial Bias, According to a Stanford Psychologist](#) – Next Big Idea Club – “series of [free] short videos... Dr. Jennifer L. Eberhardt shares the science of how bias really works, and what we can do to overcome it...”
- [How to Increase Your Empathy](#) – Six Seconds – “5 practical tips to increase your empathy in any situation...”

- [How to Support the Protests and Fight for Racial Justice](#) – Idealist – “If you’re joining the protests, it’s important to know how to stay safe and to know your rights... seeking out a mutual aid group near you is a great way to get involved...”
- [A Letter To White Women Who Keep Asking What They Can Do To Combat Racism From A Black Woman](#) – Geri Brown – “It’s the *inwardly “indifferent” racists* that scare the living bleep out of me. The ones who tout, online that they support black and brown people but in reality only practice indifference towards them...”
- [Moving from Cultural Competence to Antiracism](#) – NICABM – “validate your clients’ experiences, emotions, perceptions... it is their moment. Its also a moment to review your own emotions , experiences and perceptions- and to take ownership...”
- [Now Is the Time for a Rights-Based Approach to Social Work Practice](#) – Jane McPherson – “Through a rights-based lens, we see that in many societies access to healthcare, unemployment benefits, housing, social security, education, etc.—the social and economic rights first promised in the Universal Declaration of Human Rights (United Nations 1948)—are actually privileges reserved for some rather than rights guaranteed to all...”
- [Performative Allyship Is Deadly \(Here’s What to Do Instead\)](#) – Holiday Phillips/Forge – “Act with your wallet... Simply “saying stuff” is easy. You know what’s hard?... Calling out other white people when they say something clearly racist...”
- [The Politics of Empathy and Race](#) – Susan Lanzoni/Psychology Today – “Today we are witnessing the unbearable cost of empathy’s absence in national politics and in American society... we must translate empathy’s moral vision into specific policies to empower those who for so long have endured the evils of racism...”
- [Race Matters: How to Talk Effectively About Race](#) – SWC – “Kenneth Hardy, Ph.D...10 Underlying Principles to Consider... Power is relational, contextual and inequitably distributed... Draw distinction between intention and consequences...”
- [Racism: Educate Yourself. Speak Up. Here’s How.](#) – Rabbi Jill Zimmerman – “This is the moment to stand up for justice for all and quash systemic racism. Whether you are on the streets protesting, or at home because of Covid19 or other health issues, each one of us can do something...”
- [Racism is America’s Human Stain; Black Lives Matter](#) – Mildred “Mit” Joyner – “learn more about institutional and systemic racism... it will assist you as a social worker to lead meaningful conversations in communities, at the workplace... to effectively advocate for those we have committed to serve...”
- [A Timeline of Events That Led to the 2020 ‘Fed Up’-rising](#) – The Root – [strong language alert]... starting in 1619...”
- [Understanding Racism and its Connection to Sexual and Domestic Violence](#) – “including WCSAP’s free eLearning Unit... introduce learners to racial dynamics in the United States...”



- [What it really means to be an anti-racist, and why it's not the same as being an ally](#) – Hillary Hoffower/Business Insider – “Anti-racism is an active and conscious effort to work against [the] multi-dimensional aspects of racism...one is either racist or anti-racist: There is no room for neutrality and there is no such thing as a “non-racist...”
- [White Fragility: Why It's So Hard for White People to Talk About Racism](#) – Robin DiAngelo/Good Men Project – “Our socialization renders us racially illiterate... While individual whites may be against racism, they still benefit from the distribution of resources controlled by their group... We experience a challenge to our racial worldview as a challenge to our very identities as good, moral people...”
- [Why Are African Americans Struggling To Breathe?](#) – Dwayne Buckingham/RHCS – “We are struggling to breathe because some Americans are well-intentioned, but are naïve about the stronghold and negative impact of racism...”

### **How to Talk to Our Kids About Racism**

- [CNN/Sesame Street racism town hall](#) – “Atlanta Mayor Keisha Lance Bottoms takes questions along with CNN’s Van Jones and Erica Hill about how to combat racism, and shares a message with kids about how to make a change”
- [Racism and Violence: How to Help Kids Handle the News](#) – Child Mind Institute – “validate their feelings... don’t avoid talking about it... be clear, direct and factual... Even with young children, use clear language... say: “This is about the way that white people treat black people unfairly.”... also a [talk between two experts](#)“

### **Anti-Racism Resources/Guides/Toolkits**

- [21 Day Racial Equity Habit Building Challenge](#) – Debby Irving – “For 21 days, do one action to further your understanding of power, privilege, supremacy, oppression, and equity...”
- [Afrofuturism – Amplifying Black Futures and Voices: A Resource for Change Workers](#)– Social Work Futures – “Afrofuturism can connect the problems we experience now with the past, our current reality and futures yet to be determined, but vibrant, living and robust...”
- [Black History Month Library](#) – Charles Preston – tons of pdfs of valuable resources.
- [Calling People in Around “Violence](#) – SURJ toolkit – “best practices, talking points, and lines of conversation to explore with other white folks in your life to bring them into the fight for racial justice and to #EndWhiteSilence”
- [Check Your Privilege workbook](#) – Myisha T. Hill – a guided journey that deepens your awareness to how your actions affect the mental health of Black, Brown, Indigenous, People of Color, or BBIPoC...
- [The Code Switch Guide To Race And Policing](#) – NPR – “To help explain how the United States got to this point, we looked back at some of our coverage of race and policing, both from the podcast and the blog...”

- [Healing the Hidden Wounds of Racial Trauma](#) – Kenneth V. Hardy – “It is important for the helping professional to convey a general understanding and acceptance of the premise that race is a critical organizing principle in society... One of the most debilitating aspects of racial oppression is that this is a nameless condition, difficult to describe, quantify, or codify...”
- [How to Be Less Stupid About Race](#) – Crystal Fleming – “resource for discussion groups, book clubs and institutions wanting to begin the work of confronting white supremacy...”
- [Pop-Up Book Club for June 2020](#) – White Fragility by Robin DiAngelo – Mindful Living Collective (free membership) – the Book Club is found under Groups... In this area we can connect, share thoughts and questions as we read...”
- [Post Traumatic Slave Syndrome Resources](#) by Dr. Joy DeGruy – “P.T.S.S. is a theory that explains the etiology of many of the adaptive survival behaviors in African American communities throughout the United States and the Diaspora. It is a condition that exists as a consequence of multigenerational oppression of Africans and their descendants resulting from centuries of chattel slavery...”
- [Racial Equity Resources](#) – NCWWI – “tools, guides, assessments, and curricula which are used to increase understanding, facilitate dialogue, deliver training, analyze current policies, and implement sustainable strategies...”
- [Racism Articles from the Association for Psychological Science](#) – from Being ‘Merely Tolerated’ May Put Minority Members at Risk to Children Can ‘Catch’ Social Bias Through Nonverbal Signals Expressed by Adults to Motivation to End Racism Relies on ‘Yes We Can’ Approach...”
- [Resources and Ways to Take Action](#) – @chasevp\_15 – “resource guide with mental health resources centering black communities... ways to safely protest... take action and demand justice for the innocent black lives being taken”
- [Say Their Names](#) – Chicago Public Schools – **toolkit to help foster productive conversations about race** and civil disobedience.
- [Scaffolded Anti-Racist Resources](#) – comprehensive source of resources for white people wanting to expand their awareness and accountability. These resources have been ordered in an attempt to make them more accessible including **stages of white identity (how to move from one stage to the next)** and what to do next.
- [Stop Hesitating](#) – Elizabeth McCorvey – **how to start having real conversations with your clients of color and how to address racial trauma in session.**
- [Talking About Race](#) – National Museum of African American Art and Culture – “tools and guidance to empower your journey and inspire conversation...”
- [Toolkit for Centering Racial Equity Throughout Data Integration](#) – AISP – “Black, Indigenous, and people of color (BIPoC)4 and/or people living in poverty are often over-represented within government agency data systems, and disparate representation in data can cause disparate impact... we

can **co-create data infrastructure to promote racial equity and the public good...** “

- [Undoing Racism Resources](#) from Mary Pender Greene
- [Uprooting Whiteness \[Supremacy & Domination\]](#) – William R. Frey – wide range of resources from places to donate to books on whiteness and education to books for children to organizations to follow to Black & Indigenous-owned bookstores and more.

### **Not Much of a Reader? Check Out These Anti-Racist Videos/Movies/TV Shows/Podcasts**

#### **Ted Talks/YouTube**

- - [Dying of Whiteness – The Politics of Racial Resentment](#) with Dr Jonathan Metzl
  - [Exploring EMOTIONS on racial inequality: Can emotional intelligence END racism?](#) with Six Seconds
  - [Get comfortable with being uncomfortable](#) with Luvvie Ajay
  - [Four Women](#)– Lisa Simone, Dianne Reeves, Lizz Wright, and Angélique Kidjo sing about what it means to be black women.
  - [How to be an Antiracist](#) with Ibram X. Kendi – “only way to undo racism is to consistently identify and describe it—and then dismantle it...”
  - [How to deconstruct racism, one headline at a time](#) by Baratunde Thurston
  - [Privilege Explained in a \\$100 Race](#)
  - [Why “I’m Not Racist” is Only Half the Story](#)
  - [A World of Difference – 2020 Interview – Blue Eyes Brown Eyes](#) with Jane Elliott

#### **Movies & TV Shows** (H/T to [Sarah Sophie Flicker, Alyssa Klein](#))

- - 13th (Ava DuVernay) — Netflix
  - American Son (Kenny Leon) — Netflix
  - Black Power Mixtape: 1967-1975 — Available to rent
  - Blindspotting (Carlos López Estrada) — Hulu with Cinemax or available to rent
  - Clemency (Chinonye Chukwu) — Available to rent
  - Dear White People (Justin Simien) — Netflix
  - Fruitvale Station (Ryan Coogler) — Available to rent
  - I Am Not Your Negro (James Baldwin doc) — Available to rent or on Kanopy
  - If Beale Street Could Talk (Barry Jenkins) — Hulu
  - Just Mercy (Destin Daniel Cretton) — Available to [rent for free in June](#) in the U.S.
  - King In The Wilderness — HBO
  - See You Yesterday (Stefon Bristol) — Netflix
  - Selma (Ava DuVernay) — Available to rent

- The Black Panthers: Vanguard of the Revolution — Available to rent
- The Hate U Give (George Tillman Jr.) — Hulu with Cinemax
- When They See Us (Ava DuVernay) — Netflix

**Podcasts** (H/T to [Sarah Sophie Flicker, Alyssa Klein](#))

- - [1619 \(New York Times\)](#)
  - [About Race](#)
  - [Code Switch \(NPR\)](#)
  - [Intersectionality Matters! hosted by Kimberlé Crenshaw](#)
  - [Momentum: A Race Forward Podcast](#)
  - [Pod For The Cause \(from The Leadership Conference on Civil & Human Rights\)](#)
  - [Pod Save the People \(Crooked Media\)](#)
  - [Seeing White](#)

**Specific Black Men and Boys Podcasts** (H/T CTAC)

- - [Addressing Historical Trauma](#) – “Black boys and men are the subject of negative racial and gender-based stereotypes that significantly impact their health and social standing within the U.S...”
  - [Police Brutality and Trauma](#) – Black Men and Boys podcast – “Police brutality and other forms of racial trauma often elicit race-based traumatic stress and psychological injury...”
  - [Raising Our Black Sons: Perspectives From Mothers](#) – “While families come in many forms, we often downplay the role that mothers have in the lives of young Black boys... mothers of Black boys, the unsung heroes are who are more than deserving of our praise...”
  - [Resilience and Steps Forward](#) – “Resilience is the capacity to recover quickly from difficulties. It is the characteristic or trait that allows people to thrive despite inconceivable hardship and experiences of trauma

**Anti-Racism Organizations to Support:**

- [50 WOC-Led Organizations in the U.S. That We Should Support](#) – “only 0.6 percent of foundation giving was targeted to women of color... money moves power... a list of 50 organizations led by women of color in the U.S. to support...”
- [Campaign Zero](#) – many resources, from studies and articles to methods of activism.
- [Continue The Movement for Black Lives \(M4BL\)’s Week of Action](#)
- [Showing Up For Racial Justice](#) – is involved in community organizing, mobilizing, and education in NYC and beyond.

**Poetry**

- [Protest poetry](#) and [Black Lives Matter Anthology](#) – “Poets have been at the forefront of wielding language to create change for the people. Explore the

work of Elizabeth Alexander, Agha Shahid Ali, Maya Angelou, James Baldwin, Marilyn Chin, Aracelis Girmay, Langston Hughes, June Jordan, Audre Lorde, Claudia Rankine, Roger Reeves, Adrienne Rich, and Muriel Rukeyser, to name just a few...”

## **Self-Care**

- [Build Resilience in Isolation, Master the Art of Time Travel](#) – Adam Grant/NYT – “rewinding to remember the past and fast-forwarding to envision the future. With practice, we can use it to... experience moments of happiness in the midst of sadness and make time feel like it’s passing faster or slower...”
- [Hosting Healing Circles](#) – “In an online space, where people are sitting in their own homes and know that they will probably never meet the people they see on the screen, the deep dive into vulnerability and trust happens more quickly than when people are sitting in the same room...”
- [Thriving and Making Comfort Conference](#) – Person Centered Tech – June 12 -26... pay what you can...two tracks for delving into caring for both yourself and your practice during the COVID-19 crisis and beyond...”
- [Here’s What the Five Stages of Grief Get Totally Wrong](#) – Charles Duhigg/Slate – “what we say to people when they’re in pain isn’t necessarily helpful... Instead of saying, “Let me know if you need anything,” think about the things that you could offer and what that other person might need...”
- [Free Mind Matters Online Series](#) – Dibble Institute – on demand recordings – “self-care... develop skills and coping mechanisms to overcome anxiety and build resilience...”
- [Self-Care A-Z – The Politics of Self-Care: Toward Radical Decolonization](#) – Jalana S. Harris/New Social Worker – “For those who are members of marginalized groups, self-care is wrapped up in our liberation... Decolonized radical self-care means unpacking our personal, generational, and historical trauma and the ways our people have survived...”
- ICYMI, [30 Free Self-Care Tools](#) – including “meditations, apps, coloring pages, ebooks, videos, support groups, toolkits to manage anxiety, and online yoga and exercise classes”