

Healing for Black Individuals:

Digital Self-Care Toll kit for Black Individuals Coping with Trauma	Toolkit	http://drcandicenicole.com/2016/07/black-lives-matter-meditation/
Black Lives Matter Meditation for Healing Racial Trauma – Dr. Candice Nicole	Video	http://drcandicenicole.com/2016/07/black-lives-matter-meditation/
Tips for Self-Care: When Police Brutality Has You Questioning Humanity and Social Media Is Enough	Article	https://www.theroot.com/tips-for-self-care-when-police-brutality-has-you-quest-1790855952
Building your resilience: We all face trauma, adversity and other stresses. Here’s a roadmap for adapting to life-changing situations, and emerging even stronger than before.	Article	https://www.apa.org/topics/resilience
Self-Care for People of Color After Psychological Trauma: When people of color are exposed to repetitive acts of racism (racism has been shown to be processed in our brains as trauma) a kind of post-traumatic stress syndrome can develop.	Article	http://www.justjasmineblog.com/blog-1/self-care-for-people-of-color-after-emotional-and-psychological-trauma/
Emotionally Restorative Self Care: People of Color - Black People	Video	https://youtu.be/GuLT_YQLGF8
The Link Between Experiences of Racism and Stress and Anxiety for Black Americans: A Mindfulness and Acceptance-Based Coping Approach	Article	https://www.anxiety.org/black-americans-how-to-cope-with-anxiety-and-racism

Understanding Racial/Cultural Trauma:

The Impact of Racial Trauma on African Americans : African American Men and Boys Advisory Board	Article	https://www.heinz.org/userfiles/impactofracialtraumaonafricanamericans.pdf
The Lens of Systemic Oppression:Applying a Racial Equity Frame	Article	https://77d49981-1ed4-4952-a648-cd30e339e15b.filesusr.com/ugd/111609_98d69d43a568427eac32e0fafd545fcd.pdf
Report Updates Landmark 1968 Racism Study, Finds More Poverty And Segregation	Article	https://www.npr.org/2018/02/27/589351779/report-updates-landmark-1968-racism-study-finds-more-poverty-more-segregation
Racism's Psychological Toll	Article	https://www.nytimes.com/2015/06/24/magazine/racisms-psychological-toll.html? r=1
Coping While Black: A Season Of Traumatic News Takes A Psychological Toll	Article/Audio	https://www.npr.org/sections/codeswitch/2015/07/02/419462959/coping-while-black-a-season-of-traumatic-news-takes-a-psychological-toll/
The [White] Shift: Calling white women in-to the critical and urgent work of uprooting and unlearning racism, one story at a time. Sign up and take action here.	Instagram	https://www.instagram.com/thewhiteshift/
Legacies of Pain and Resilience: Clinical Implications for Understanding Historical Trauma and Race**	Online training	https://ctacny.org/training/legacies-pain-and-resilience-clinical-implications-understanding-historical-trauma-and-race
Resilience and Steps Forward	Online training	https://ctacny.org/training/14-resilience-and-steps-forward
Identity, Bias, and Cultural Humility: Connecting to Ourselves and Others	Online training	https://ctacny.org/training/identity-bias-and-cultural-humility-connecting-ourselves-and-others
Addressing Historical Trauma	Online training	https://ctacny.org/training/01-addressing-historical-trauma
Police Brutality and Trauma	Online training	https://ctacny.org/training/11-police-brutality-and-trauma
How Trauma Is Carried Across Generations: Traumatic events can be passed onto the next generation.	Article	https://www.psychologytoday.com/us/blog/the-me-in-we/201205/how-trauma-is-carried-across-generations
Uncovering the Trauma of Racism	Article	https://www.apa.org/pubs/highlights/spotlight/issue-128
How Racism Impacts those We Serve and How We Serve: Are We Meeting Participants Where They Are?*	Online training	https://ctacny.org/training/how-racism-impacts-those-we-serve-and-how-we-serve-are-we-meeting-participants-where-they
Race and Trauma: Race-based Traumatic Stress and Psychological Injury	Online training	https://ctacny.org/training/race-and-trauma-race-based-traumatic-stress-and-psychological-injury
Race, Poverty & Trauma: Microaggressions and the Therapeutic Alliance: Exploring Ethnically and Racially Diverse Clinician-Participant Relationships**	Online training	https://ctacny.org/training/race-poverty-trauma-microaggressions-and-therapeutic-alliance-exploring-ethnically-and
“Why is this happening?” — an introduction to police brutality from 100 Year Hoodie	Toolkit	https://www.100yearhoodie.com/why
Political education is the collective process of study, research, analysis, and storytelling that helps us understand our situation and what we’re up against and what we can do about it.	Toolkit	https://www.showingupforracialjustice.org/resources.html

Ally Resources:

Guidelines for Being Strong White Allies Adapted from Uprooting Racism: How White People Can Work for Social Justice	Toolkit	https://www.racialequitytools.org/resourcefiles/kivel3.pdf
Understand your own biases by taking an implicit bias test. Dialogue about your results with someone you care about and can encourage you to challenge these biases	Interactive implicit bias activities	implicit.harvard.edu
Anti-Racism Resource Guide: Serve as a resource to white people and parents to deepen our anti-racism	Large Resource Guide of TV shows, articles,	bit.ly/ANTIRACISMRESOURCES
Healing Justice Toolkit	Toolkit	http://dignityandpoweronline.org/wp-content/uploads/2019/05/Healing-Justice-Toolkit_PRINT_March-1.pdf
75 Things White People Can Do for Racial Justice	Article	https://medium.com/equality-includes-you/what-white-people-can-do-for-racial-justice-f2d18b0e0234
Anti-Racism Project Resources	Books, Articles, Film and Organizations	https://www.antiracismproject.org/resources
Adam Ruins Everything - The Disturbing History of the Suburbs	Video	https://youtu.be/e68CoE7OMk8
"All Houses Matter"	Video	
Resources for White People to Learn and Talk About Race and Racism	Resource Guide	https://blog.fracturedatlas.org/resources-for-white-
Uncomfortable Conversations With A Black Man: Emmanuel Acho sits down to have an "uncomfortable conversation" with white America, in order to educate and inform on racism, system racism, social injustice, rioting & the hurt African Americans are feeling today.	Video	https://www.youtube.com/watch?v=h8jUA7JBkF4
Be The Bridge: Authentic racial bridge-builders. Our vision is that people and organizations are aware and responding to the racial brokenness and systemic injustice in our world. People are no longer conditioned by a racialized society but are grounded in truth. All are equipped to flourish.	Resource Guide Website	https://bethebridge.com/

Parent/Talking to Children Resources:

A Kid's Book About: Race, disabilities, depression, anxiety, mindfulness, etc...	Resources	https://akidsbookabout.com/
Anti- Racist Reading List: catergoized by age	Reading List	https://docs.google.com/document/d/1z5-DAG79Ys5IvhFjbBOd3ra_N9Dr8qU7kuly74nNoil/edit?fbclid=IwAR2bEJEm0Alv__Ew2WMfD5yuDKr_5FIQA3Pplx5zTonZmeBvrHu6n6W_sql
CHILDREN'S BOOKS THAT DISCUSS RACE & RACISM THREAD	Reading List	https://time.com/5848192/childrens-books-about-race/
9 books to help you discuss anti-racism with children and teenagers	Reading List	https://www.today.com/shop/anti-racism-books-children-t183171
30+ Books to Educate Kids and Teens About Race	Reading List	https://www.townandcountrymag.com/leisure/arts-and-culture/g32743703/how-to-talk-to-kids-about-racism-books/
Several Antiracist Books Are Selling Out. Here's What Else Black Booksellers and Publishers Say You Should Read	Reading List	https://time.com/5846732/books-to-read-about-anti-racism/
How to talk to your children about protests and racism	Article	https://www.cnn.com/2020/06/01/health/protests-racism-talk-to-children-wellness/index.html
CNN and 'Sesame Street' to host a town hall addressing racism	TV Special	https://www.cnn.com/2020/06/02/us/cnn-sesame-street-standing-up-to-racism/index.html
These Books Can Help You Explain Racism and Protest to Your Kids	Reading List	https://www.nytimes.com/2020/06/02/parenting/kids-books-racism-protest.html
Beyond the Golden Rule - A paerent's Guide to Reventing and Responding to Prejudice	Toolkit	https://www.tolerance.org/sites/default/files/general/beyond_golden_rule.pdf
Teaching children how to handle racism	Video	https://www.kidsinthehouse.com/teenager/bullying/types/teaching-children-how-handle-racism
Anti-Racism Resources for Parents and Kids	Resource Guide	https://www.healthline.com/health/parenting/anti-racism-resources-for-parents-and-kids
Diverse Books for Children	Resource Guide	https://www.embracerace.org/resources/where-to-find-diverse-childrens-books?fbclid=IwAR2eQ021oF0qg5Qm1XA34AW9hMUPwA8bDQPOxadXD1luPe9zPv02QOfHlv