

HEALING RACIAL TRAUMA

A United to End Racism (UER)* Listening Project for 60TH ANNIVERSARY OF SELMA BRIDGE CROSSING



Racial justice activists, liberation workers, and others involved in the struggle are tired and grieving—we need support for healing from racialized trauma. We need space for renewal. Key battles that we thought were won must now be fought all over again. An all-out assault on liberation struggles—with anti-Blackness and anti-inclusion in the forefront—is being waged in the United States. State legislation and executive directives currently aim to remove from public discussion and from public memory the realities of racial and other oppression-based trauma.

Without sufficient time and space for healing from racial trauma, the work of racial-justice activists can be disrupted, stymied, and derailed. Unhealed racial trauma can drain our energy and interfere with our ability to bring our full intelligence to bear on our work.

We have found that when humans affected by trauma have the opportunity to be listened to with loving, caring, aware attention, healing will occur.

We invite you to a listening session where you can experience the power of caring aware listening and learn how the practice of shared listening can increase the effectiveness of our struggle for racial justice.



.....

United to End Racism will be offering **Healing Racial Trauma** listening sessions at the following times and locations. Look for our banner! (Image on the right).

THURSDAY, MARCH 6

Healing Racial Trauma session after the Mass Meeting, Tabernacle Baptist Church

FRIDAY, MARCH 7

Healing Racial Trauma sessions, The Selma Library, 1103 Selma Avenue, 1 pm and 3 pm

Healing Racial Trauma session after the Mock Trial, Dallas County Courthouse, 105 Lauderdale St.

SATURDAY, MARCH 8

Street Fair UER Vendor table, 8 am – 6 pm

Jubilee Street Festival, UER table, 11 am – 6 pm

Healing Racial Trauma sessions, The Selma Times Journal Building, 1018 Water Ave, 11 am, 1 pm, 3 pm, 5 pm

Wellness & Empowerment Village, George Evans Reception Center, 2 Lawrence Street, 11 am – 2 pm

SUNDAY, MARCH 9

Street Fair UER Vendor table, 8 am – 6 pm

Healing Racial Trauma listening session for Elders, The Selma Times Journal Building, 1018 Water Ave, 3:00 pm

Healing Racial Trauma listening session for First Marchers, The Selma Times Journal Building, 1018 Water Ave, 4:30 pm

Healing Racial Trauma listening session for Young Activists, The Selma Times Journal Building, 1018 Water Ave, 6 pm

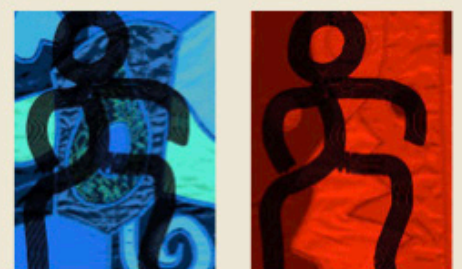
Introductory class in how to organize and conduct Healing Racial Trauma sessions, Common Power, 1018 Water Ave, 8 pm

MONDAY, MARCH 10

Healing Racial Trauma Listening Sessions at the foot of Pettus Bridge

.....

* **United to End Racism (UER)** is an international organization, dedicated to eliminating racism in the world. It includes people of all ages and backgrounds, in many different countries in the world. UER is an affiliate of Re-evaluation Counseling.



UNITED TO END RACISM



Healing Racial Trauma



UnitedtoEndRacism.org

For more information, see: unitedtoendracism.org
or write: United to End Racism, 19370 Firlands Way N, Shoreline, WA 98133-3925 USA
Email: uer@rc.org • Tel: +1-206-284-0311

