

HEALING RACIAL TRAUMA

Listening Our Way Forward

A United to End Racism (UER) Listening Project



We all need time and space for healing the trauma resulting from living in the open racialized warfare being conducted in the present time. We need time and space for healing the accumulated trauma of events such as Selma Bloody Sunday and other experiences of racialized violence.

If we don't take time and space for healing, our work can be slowed and interrupted.

Racialized trauma can be healed when we have the opportunity to be listened to with loving, caring, aware attention.

YOU are invited to a listening session where you can experience the power of caring aware listening and learn how the practice of shared Caring Aware Listening (CAL) can increase the effectiveness of our struggle for racial justice.

UNITED TO END RACISM

United to End Racism (UER) is a multiracial group dedicated to eliminating racism in the world. We support the efforts of others to accomplish this goal. *United to End Racism* is a project of the Re-evaluation Counseling Communities based in Seattle, WA.



UERWorld



@unitedtoendracism

United to End Racism will be offering Healing Racial Trauma listening sessions at the following times and locations. Look for us in the Empowerment Village! We'll be right by our banner. (See image on the right.)

THURSDAY, MARCH 5

9:30 – 11:30 AM

How We All Got Hurt by Racial Trauma and How We Heal
Legacy Museum, 400 N Court St, Montgomery, AL 36104

1:30 – 3:30 PM

How We All Heal from Racial Trauma:
Sharing Deep Listening for Empowerment

Legacy Museum, 400 N Court St, Montgomery, AL 36104

FRIDAY, MARCH 6

9:30 AM – 12 PM

See our website/Instagram/Facebook for more information.

1:30 – 3:30 PM

Today's Manifestations of Jim Crow:
How We Join Together to Heal Racial Trauma

Selma Dallas County Public Library, Adult Ed GED room,
1103 Selma Ave, Selma, AL 36703

SATURDAY, MARCH 7

10:30 AM – 3:30 PM

Table at Empowerment Village
Table at Selma Jubilee Street Festival
Healing Racial Trauma Listening Circles



UNITED TO END RACISM



Healing Racial Trauma



UnitedtoEndRacism.org

