

# HEALING RACIAL TRAUMA

## Listening Our Way Forward

### *A United to End Racism (UER) Listening Project*



**W**e 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.



[unitedtoendracism.org](http://unitedtoendracism.org)

*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 AM – 11:30 PM

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](http://UnitedtoEndRacism.org)

