

RESILIENCE AGAINST RACISM WORKSHOPS



Have you experienced or witnessed racism and don't know what to do about it? Do you feel guilty about not doing more at the time? This is very common for people who have experienced or witnessed racism.

If you have experienced any of these things, join our Resilience Against Racism workshops to learn practical tools to empower yourself, so you can deal with racism with confidence and support others dealing with racism.

The City of Monash invites you to attend a series of free workshops run by Cultural Intelligence. The workshops will be held online, running weekly on Thursdays from 6.30pm-8.30pm. You can choose to attend one, some or all sessions.

RACISM: HOW TO DEAL WITH MY EMOTIONS?

Thursday 12 August 6.30-8.30pm on Zoom. Bookings: trybooking.com/BSPUK

About Racism: How to deal with my emotions?

Experiencing racism or directly and indirectly witnessing racism can be overwhelming and often trigger challenging emotional responses, such as fear, anger and shame.

This workshop aims to help you build the skills to understand your emotions after racial incidents, particularly those who are overwhelmed. This workshop will also help you return to emotional balance and calmness.

Who is suitable for this workshop?

- People who have experienced racism
- Direct witnesses to racism
- Indirect witnesses to racism (e.g. heard about incidents through friends or media).

RACISM: REFRAME AND EMPOWER

Thursday 19 August 6.30-8.30pm on Zoom. Bookings: trybooking.com/BSPZC

About Racism: Reframe and empower

The impact of challenging emotions may linger long after a racism incident. This workshop supports you to develop the skills to make sense of your incident and the ability to shift any challenging thoughts and direct them positively to create change. This may include negative self-talk after adversity and regaining optimism in life.

Who is suitable for this workshop?

- People who have experienced racism
- Direct witnesses to racism
- Indirect witnesses to racism (e.g. heard about incidents through friends or media).



RACISM: SPEAK UP WITH CONFIDENCE

Thursday 26 August 6.30–8.30pm on Zoom. Bookings: trybooking.com/BSPZF

About Racism: Speak up with confidence

It can be challenging to discuss the topic of racism when the space and people around you do not support the discussion. However we know that racism still impacts on your wellbeing and is a barrier to your full belonging in Australia.

The workshop aims to support you to develop effective communication skills to challenge racism, express disappointment and express your needs assertively on the spot.

Who is suitable for this workshop?

- People who have experienced racism
- Direct witnesses to racism
- Indirect witnesses to racism (e.g. heard about incidents through friends or media)
- Anyone who has been involved in arguments or conflicts with others who disagree with you on racism.

REBUILDING YOUR STRONG CULTURAL IDENTITY

Thursday 2 September 6.30–8.30pm on Zoom. Bookings: trybooking.com/BSQAB

About Rebuilding your strong cultural identity

One of the key ways to fight racism is to be proud of your own cultural heritage rather than rejecting it in order to “fit-in” to Australian society. Research suggests that having a positive cultural identity and strong sense of self is particularly helpful in combating race-related stress and stereotype threat. This workshop helps you reconnect with your cultural strengths, values and beliefs and reinforce pride in your cultural identity and thereby help you build confidence.

Note: This workshop is NOT suitable for those who are overwhelmed by racial incidents. It is recommended that if you are overwhelmed to first attend the workshop **Racism: How to deal with my emotions**.

Who is suitable for this workshop?

- People who have experienced racism
- Direct witnesses to racism
- Indirect witnesses to racism (e.g. hear incidents through friends or media)
- Anyone else who is interested in rebuilding a strong cultural identity.

CHALLENGING RACISM AND RESPECTING DIFFERENT PERSPECTIVES

Thursday 9 September 6.30–8.30pm on Zoom. Bookings: trybooking.com/BSQAK

About Challenging racism and respecting different perspectives

There may be times you want to support your friends and your community to cope with racism or have a space to discuss racism when you know there are people who oppose it. These are important conversations and are challenging to do and require an expanded capacity to listen to all sides with empathy.

This workshop aims to help you to expand the capacity and build the confidence to respond to others' emotional needs with a higher level of sensitivity and empathy and also ensuring your own perspectives are heard and your own needs are met.

Who is suitable for this workshop?

- Those who want to support people who have experienced racism
- Those who want to support others who have directly or indirectly witnessed racism
- Those who want to create a space to talk about racism

Note: This workshop is NOT suitable for those who are overwhelmed by racial incidents. It is recommended that if you are overwhelmed you attend the workshops **Racism: How to deal with my emotions** and **Racism: Why did it happen to me?** first before attending this one.

For more information: www.monash.vic.gov.au | 9518 3555