

Dismantling Racism

January 2023

Notes

Book: Post Traumatic Slave Syndrome: America's Legacy of Enduring Injury and Healing

Joy A DeGruy

<https://www.joydegruy.com/post-traumatic-slave-syndrome>

Workshop: Healing from Internalized Oppression

Workshops will be offered in 2023. Details will come soon.

<https://www.episcopalchurch.org/ministries/african-descent-ministries/healing-internalized-oppression/>

Book: I Never Thought of It That Way: How to Have Fearlessly Curious Conversations in Dangerously Divided Times

[Mónica Guzmán](#)

Present:

Margaret D'Anieri, Heather Barta, Veronica Dunbar, Terri Bays, Felicity Thompson, Mary Simpson, Adrienne Dillon, Wendy Walker, Debbie Likins-Fowler, M.E. Eccles, Machel West, Tina Velthuisen

Next meeting: Feb. 2