



Bartels

EXECUTIVE COACHING

Advancing Women Leaders

RESOURCES FOR LEARNING (AND UNLEARNING) ABOUT RACISM

This is a list of resources I collected in early June 2020, from leaders in the Twin Cities and other experts and activists across the country. It is an incomplete list, of course, but it is a start for us to learn more.

90 MINUTE PROGRAM:

I listened to this wonderful MPR Webinar, hosted by Angela Davis, as part of the series, Call to Mind, which is led by Babette Apland, Managing Director, Mental Health, for APM Group. Listen/watch below:

Call to Mind: Spotlight on Black Trauma and Policing –

<https://youtu.be/s2dCIXvCk74>

SPECIFIC BOOK AND WEBSITE:

One of the three experts featured in the above-listed MPR program is Resmaa Menakem. Jen E., a friend of mine strongly recommended that I read his book, so I ordered it! *My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies:*

<https://www.resmaa.com/books>

MANY MORE LEARNING RESOURCES:

“Here’s a link to a useful list for when you find time to delve into the issues in and around race. Save it someplace, because it has tons of links and more than can be done in one sitting”- Ana M.:

<https://medium.com/equality-includes-you/what-white-people-can-do-for-racial-justice-f2d18b0e0234>

How to approach things overall, if folks feel overwhelmed by all the immediate work recommended above:

https://sojo.net/articles/our-white-friends-desiring-be-allies?fbclid=IwAR0YYynpxV4TmAWHkolwnu_nGwmDdQESzikRubdvwwq9bgYgCDBL8oNOATk

Writer Alyssa Klein and activist/filmmaker Sarah Sophie Flicker compiled a public google doc with over 75 anti-racism resources for white people and parents to deepen their anti-racism work. Thanks for sharing this, Marit A.:

https://docs.google.com/document/d/1BRIF2_zhNe86SGgHa6-VIBO-QgirITwCTugSfKie5Fs/edit

THANK YOU:

I compiled this list on June 4, 2020. I sincerely thank these awesome leaders for calling our attention to these resources: Ana M., Jen E., Marit A., and Minnesota Public Radio