

healing spaces

TIRED OF BEING WOKE

Want AD:

rest, joy, fun, laughter, smiles, hugs, nature, art,
connection, humanity, peace, movement,
creativity, connection, LOVE

Calisha Brooks, PhD
Mental Health Activist
Soul Care LLC

a meeting of the hearts

when you speak from the heart; you reach the
heart

01 /

ground, center & cleanse

02 /

racial trauma & it's impact

03 /

ALL IN

04 /

healing spaces

racial trauma?

RACIAL TRAUMA, OR RACE-BASED TRAUMATIC STRESS (RBTS),

- THE MENTAL AND EMOTIONAL INJURY CAUSED BY ENCOUNTERS WITH RACIAL BIAS AND ETHNIC DISCRIMINATION, RACISM, AND HATE CRIMES.
- ANY INDIVIDUAL THAT HAS EXPERIENCED AN EMOTIONALLY PAINFUL, SUDDEN, AND UNCONTROLLABLE RACIST ENCOUNTER IS AT RISK OF SUFFERING FROM A RACE-BASED TRAUMATIC STRESS INJURY.
- IN THE U.S., BLACK, INDIGENOUS PEOPLE OF COLOR (BIPOC) ARE MOST VULNERABLE DUE TO LIVING UNDER A SYSTEM OF WHITE SUPREMACY.



what are students saying?

"I'M NUMB"

"I DON'T KNOW HOW TO FEEL
ANYMORE"

"I'M EXHAUSTED IN EVERYWAY"

"I'M TIRED OF SEEING, HEARING,
AND TALKING ABOUT IT"

"NOTHING'S CHANGING...I FEEL
HOPELESS AND POWERLESS"

are you ALL IN?

- **ASK & ASSESS**
 - WHAT DO YOU NEED?
- **LISTEN & LEARN**
 - BE INVITED INTO THEIR LIVED EXPERIENCES
 - AVOID ASSUMING
- **INVEST IN THEIR WELLBEING**
 - PUT YOUR \$\$ WHERE YOUR MOUTH IS

healing spaces

WHAT HAPPENS WHEN
THE SOUL IS FULL OF
JOY & RESTING IN A
LIVING BODY?

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cultivate healing spaces

ART
DANCE
DAY PARTIES
GAME NIGHTS
FOODIE FRIDAY'S
GROUND IN NATURE
BUILD COMMUNITY IN
CULTURE

WOKE SHOP



#BLACKLIVESMATTER

CONVERSATIONS FOR THE CULTURE.
SUNDAY | JUNE 7 | 7 PM | [TINYURL.COM/WOKESHOP](https://tinyurl.com/wokeshop)

A SAFE SPACE FOR BLACK STUDENTS TO IGNITE CONVERSATION AND FIND HEALING.

HOSTED BY:



Q&A

We were all humans until
Race disconnected us,
Religion separated us,
Politics divided us,
And wealth classified us.

