



Presents:

## Strengthening Family Coping Resources and Racial Healing Group

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**The Strengthening Family Coping Resources Peer to Peer (SFCR P2P)** program supports parents and caregivers in developing healthy, resilience-building practices to strengthen their relationships with their children and families, build healthy relationship patterns, develop positive family coping skills, disrupt cycles of family trauma, and promote healing throughout the family.

**Affinity groups with racial healing activities offer the opportunity for BIPOC (Black, Indigenous, people of color) to be in space with each other, moving into a safe, sacred place, away from the abuses of racism and patterns of white supremacy and dominance, and find our voices.** Given the space to breathe opens up the possibility of healing. Being together as a group can offer resiliency for bringing wholeness into future integrated spaces where that resiliency will likely be challenged.

Through the integration of our SFCR P2P program for caregivers and our racial healing spaces for educators, **we are offering a project that aims to disrupt the cycle of trauma and promote racial healing for caregivers and their families.** We would like to promote racial healing with the participation from our community members of color, including parents, colleagues, for these groups. **Meetings will be held virtually over zoom at this time. Participants will be offered a gift card for sessions that are attended.** We will come together to demonstrate ways to be empowered, connected, and heal as ways for us to increase our own resilience!

**Time, Dates, & Registration:** (please only register for the one you can attend as you will select your option on the registration link below)

- **Wednesdays, December 8 & 15 and January 5, 12, & 19th from 5:30-6:30 pm (zoom) English only**
- **Tuesdays, January 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup>, February 1<sup>st</sup>, & February 8<sup>th</sup> from 5-6:30pm (zoom) English only**
- **Mondays, January 10<sup>th</sup>, 24<sup>th</sup>, 31<sup>st</sup>, February 7<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup> from 9-10am (zoom) English with Spanish Simultaneous interpretation**
- **Fridays, January 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup> February 4<sup>th</sup> and 11<sup>th</sup> from 11-12pm (zoom) English only**

Register here: <https://forms.gle/XCCXZAV171AAWs4a7>

For questions or support with registering please contact JaShawn Rogers, MS, MA at [jashawn.rogers@resilientfutures.us](mailto:jashawn.rogers@resilientfutures.us)