

Apply Now for New People of Color UNtraining Group March-July 2018

Want to heal from the effects of racism and oppression?

Are you struggling with anger or fear, confusion, depression or hopelessness as racism, violence, and oppression become politically accepted norms again?

Do you want to be able to notice and address your own internalized racism and how it colludes with the oppression of people of color?

Are you looking for support in how to address institutional racism with others without shutting them down or being untrue to yourself?

THEN THIS UNTRAINING GROUP MAY BE FOR YOU!

What is the UNtraining?

The UNtraining is a provocative and compassionate approach to help people discover how to work together in extraordinary ways to end our collusion with all forms of oppression and to end racism. The UNtraining provides insights and tools for all levels of experience and activism to people of color and white people.

The People of Color group focuses attention on the places where the unique cultural/ethnic conditioning of the participants and white social conditioning intersect. The tools and concepts of the UNtraining help to illuminate how this conditioning impacts our view of ourselves, our relationships with others, and our work in the world. We recognize how our personal stories and traumatic experiences can be used by the training to "hook" us and keep us separated from ourselves and each other.

The People of Color group introduces the basic tools and concepts of the UNtraining using experiential exercises, interactive presentations, journaling, readings, and group discussion. We explore how to:

- communicate authentically and compassionately with each other about issues of race
- see the world beyond the pre-scripted conflicts of racism
- heal the effects of trauma resulting from being the targets of racism

THE DETAILS

The Participants in the 2018 group will be a combination of new people and people continuing the work from previous years. They will come from a variety of communities, organizations, family structures, and lines of work. They will be motivated by both personal and professional concerns, and a desire to work in a group setting.

Meeting Formats: Each session will begin at 10 am and end at 5pm. The first 4 hours the whole group will work together. The last three hours of each session will have Phase 1 folks doing facilitated work separate from continuing participants.

Session Dates: Five monthly meetings constitute one cycle. The 2018 People of Color Group will meet on Saturdays, from 10 am to 5 pm: March 10, April 7, May 19, June 16, and July 14.

A commitment to attend all five meetings is necessary for the continuity of our deep work together.

The facilitators will be Rita Shimmin, assisted by Yvette Leung and Eddie Shieh. For more about them and the UNtraining, go to www.untraining.org.

Application Process for First Time Applicants (Phase 1):

It is important that you check the dates before applying, to be sure you can commit to them.

- Please register for an application on our website. Use the POC Group "APPLY" link on the homepage www.untraining.org or go to the [Events](#) page.
- You will receive an email with a link to download the application form. Fill it out and send it in.
- Upon receipt of your application, we will schedule a telephone interview to mutually determine if there is a good match between the UNtraining and your goals.

Deadline for applications is February 19. We suggest you get yours in as soon as possible!

Payment: It is our intention that all who are committed be able to participate. The total cost for the five sessions is a sliding scale of \$1200 to \$700. This allows people with a range of financial resources to participate, while encouraging those who can afford more to support the work to the greatest degree they can. You place yourself on the sliding scale. Payment plans can be arranged. Many participants use professional development funds from employers to cover all or part of their fee. Please let us know how we can support you. **Once your participation is confirmed, a nonrefundable deposit of ½ will secure your place in the group.**

Location: Downtown Berkeley, near BART. Wheelchair accessible.

For Questions: (510) 235-3957 or pocgroup@untraining.org

Download flyers and get more information at www.untraining.org

We look forward to hearing from you!

*"Loving yourself is a political act.
We are taught not to love ourselves, and from that place we are easily manipulated.
Love yourself so much that this love changes the world."
-Rita Shimmin, UNtraining co-founder*