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*Rita Shimmin and Ro Horton, founders*  
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## **New People of Color UNtraining Groups starting Feb 2021**

### **"ARE YOU READY?"**

We are experiencing a powerful moment in the history of racial justice in the U.S. We need to be ready to claim our power to see ourselves and each other beyond the labels and categories given to us by a society built on violence and dominance. Our collective consciousness is evolving to hold a massive diversity of realities that includes the pain, suffering and joys of all people. If you are looking for ways to heal from the effects of racism and oppression, you may want to join us in February.

#### **ARE YOU READY to:**

- adjust your needs and desires to include the needs and desires of folks that are radically different from you?
  - stop minimizing yourself and being used as a colluding partner in the oppression of yourself and others?
- generate hope and excitement as you explore and celebrate parts of yourself that you may have been taught were unacceptable?

If you can answer yes to one or more of the above, and even generate ideas of more exciting things you are ready for, then **this group may be for you!**

**IF YOU ARE INTERESTED IN THIS GROUP, please apply now. More info and application form [HERE](#).**

**Participants** 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.

**The facilitator** will be UNtraining co-founder Rita Shimmin.

**For more about Rita and the UNtraining, go to [www.untraining.org](http://www.untraining.org).**

**Location:** ZOOM VIDEOCONFERENCING

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

***"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, co-founder***