You are Invited to a
REFLECTIVE CITIZEN'S GROUP

A Conversation on Race

We began these conversations during the pandemic. With the murder of George Floyd, the pandemic of racism came into focus and we expanded our discussions to include racism. There is no vaccine for racism, so we need to keep working for change. Change is painful and provisional so we must keep working. Since silence will not protect us, we invite any interested to join this reflective citizen's group. We encourage dialogue about all that is going on in our culture from the recent Asian hate crimes to the ongoing George Floyd trial to any topic that engages you as a citizen.

When: 2nd Friday of each month beginning June 12, 2020 and each month until June 2021 From 12:00-1:15 PM at no charge.

Where: From the comfort or discomfort of your own computer or mobile device in a quiet place. https://zoom.us/j/91025260627?pwd=RERsb09EcGZIUmtjQVBWaVpReXVjUT09

Why: To provide a place where you come together with others to share problems or concerns, to better understand your own situation, and to learn, listen and support each other. We hope to create a common voice that will reverberate in our community to empower individual actions and facilitate positive change.

Who: This is a support group open to adults age 18 and over. All are welcome. It is not a therapy group. The primary task of this group is to be together in this time of crisis, and to support each other in exploring our feelings and experiences. People in therapy, therapists, first responders, or people who have never been in therapy may find it useful. We are all in this together.

How: Download Zoom to your device and click on the Zoom link above, which will connect to your Zoom and bring you to the meeting. Please download it for free.

The Group Analytic Practice of Dallas (www.GAPDallas.com) is offering this Reflective Citizen's Group and it will be convened by:

Tina Ali Mohammad, MD
Dale C. Godby, PhD

Tips

- In order to enjoy an optimal online experience, please join the meeting from a quiet environment with privacy and no interruption, with minimal background noise (i.e. - no pets or children in the room, TV and other electronics shut off, etc.).
- Please connect with both video and audio.
- Stay focused on the group interactions (no phone calls, emails, or texting).
- Connect from a laptop or a tablet, but not from a smartphone (unless there is no other option).
- Please sign in 10 minutes before the group starts to check audio and video to start on time.
- Please start the meeting with a mute microphone and open it only when you want to talk. Mute your line when you are not speaking. To do so, click on "Mute," which is located on the lower left corner of the Zoom screen on most devices.

Look at ***"Things White People Can Do for Racial Justice"*** in the link below. Add to the list your own ideas, and of course you need not be White to do these things, but it is a good place to start. To go beyond just talking, as important as talking is, we are suggesting over the next year we try to do a number of these items each month as an exercise to promote change.

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

"It demands great spiritual resilience not to hate the hater whose foot is on your neck, and an even greater miracle of perception and charity not to teach your child to hate." — **James Baldwin, *The Fire Next Time***

"The most dangerous creation of any society is the man who has nothing to lose." — **James Baldwin, *The Fire Next Time***

RESOURCES

The African Americans: Many Rivers to Cross

Henry Louis Gates, Jr.

Great Video Series

From Bryan Stevenson's Equal Justice Initiative

https://museumandmemorial.eji.org/

https://lynchinginamerica.eji.org/

https://segregationinamerica.eji.org/

https://simplebooklet.com/crpcatalog