

There is no right way to do this. No one has the one right answer. We have to find our own centers and our own lanes that leverage our individual strengths. Maybe it's donating, maybe it's protesting, maybe it's volunteering, maybe it's political lobbying, maybe it's public education in your community, maybe it's art. But you do have to choose at least one lane and they all start with education.

Read

My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies by Resmaa Menakem (**the author is leading a workshop on June 13 “[Reparative Community Consultation For White People](#)”**)

White Fragility: Why It's So Hard for White People to Talk About Racism, Robin DiAngelo

More Beautiful and More Terrible: The Embrace and Transcendence of Racial Inequality in the United States, Imani Perry

Killing the Black Body: Race, Reproduction, and the Meaning of Liberty, Dorothy Roberts

Letters to the Future: Black Women/Radical Writing, Dawn Lundy Martin and Erica Hunt

Between the World and Me, Ta-Nehisi Coates

The Warmth of Other Suns, Isabel Wilkerson

Killing Rage, Ending Racism, Bell Hooks (or anything by Bell Hooks)

Listen

[Code Switch](#)

[Dear White Women](#)

Watch

13th – Available on Netflix

When They See Us – Available on Netflix

Public Educators and Activists

Instagram – Resmaa Menakem <https://www.instagram.com/resmaamenakem/>

Instagram - Erica Chidi <https://www.instagram.com/ericachidi/>

Instagram – Racism Recovery Center <https://www.instagram.com/racismrecoverycenter/>

Instagram – Michelle Cassandra Johnson <https://www.instagram.com/skillinaction/>

Instagram – April Dawn Harter <https://www.instagram.com/aprildawnharterlcsw/>

Instagram – Sabian, The Black Doula <https://www.instagram.com/theblackdoula/>

Instagram – The Thirlby <https://www.instagram.com/thethirlby/>

Instagram – Rachel Ricketts <https://www.instagram.com/iamrachelricketts/>

Instagram – The Conscious Kid <https://www.instagram.com/theconsciouskid/>

Instagram - Patrisse Cullors-Brignac (updates on protests and political calls to action)
<https://www.instagram.com/osopepatrisse/>

Organizations

Color of Change – Sign a Petition to End Violent Policing Against Black People <https://colorofchange.org/>

Obama Foundation – <https://www.obama.org/anguish-and-action/>

Movement for Black Lives – <https://m4bl.org/>

Mental Health Resources

Clinical psychologist on-demand:

[BetterHelp App](#)

[TalkSpace App](#)

Support for BIPOC Community:

[SafeSpace App](#)

[Liberate Meditation App](#)

[Ayana Therapy](#)

Trauma Informed Methods:

[Havening Trauma Release](#)

[Traumahealing.org](#)

[Organic Intelligence](#)