



Guiding Concept:
*the importance of
having safe spaces to
explore our
experiences as BIPOC
Folks in our work as
educators & mental
health practitioners*

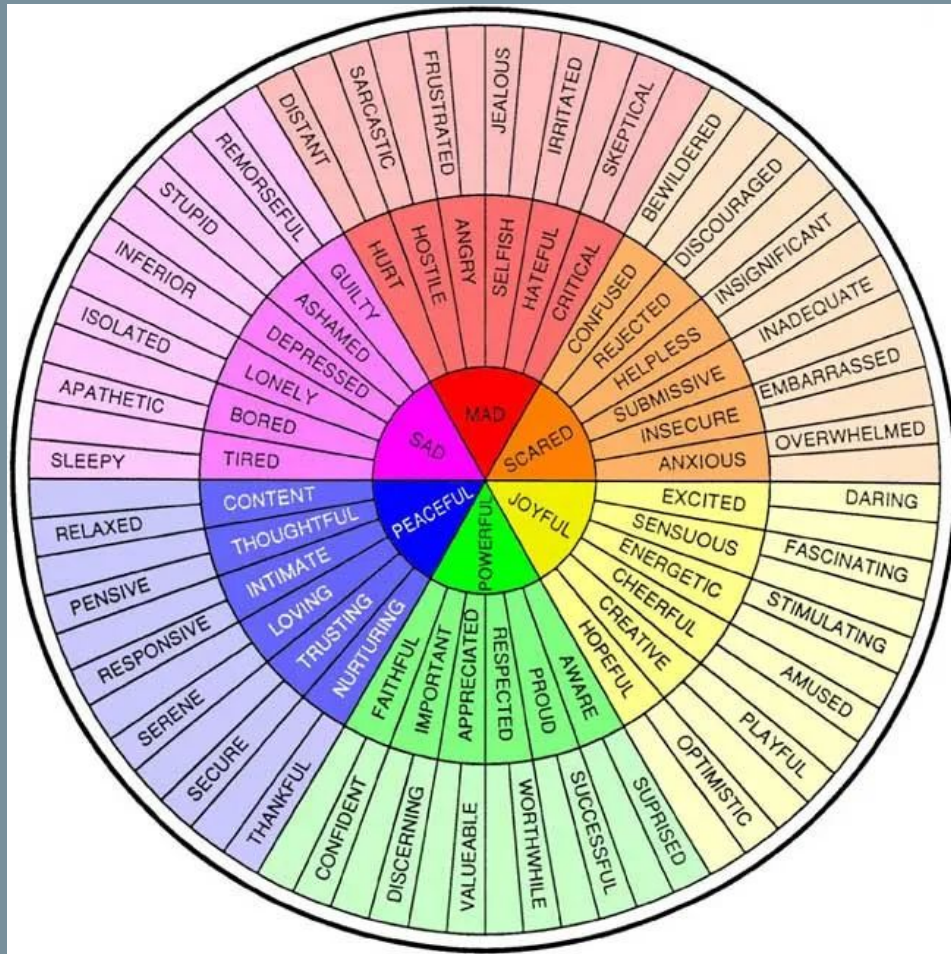
Making Love Visible

**SCRR Spring 2023
Network of Practice**



How is our relationship to wellness shaped? What histories, conditions, experiences and relationships support or hinder us in accessing wellness as BIPOC Educators?

1. Co-create a brave and generative space for **self & community introspection**
2. Identify and investigate institutional and internalized **barriers to wellness for B/IPOC educators**
3. **Access ancestral and community wisdom** to address those institutional and internalized barriers
4. Expand our **self and collective care toolbox** with community valued and evidence-based practices
5. Build meaningful connections to external people, places, and ideas that serve as **protection against a culture that values productivity over our humanity.**



Chat Waterfall: What are you feeling? What are you holding?

1. Who are you?
2. What role do you play in supporting the mental health and wellness of others?
3. What feelings are you arriving to this space with?

WHEEL OF POWER/PRIVILEGE



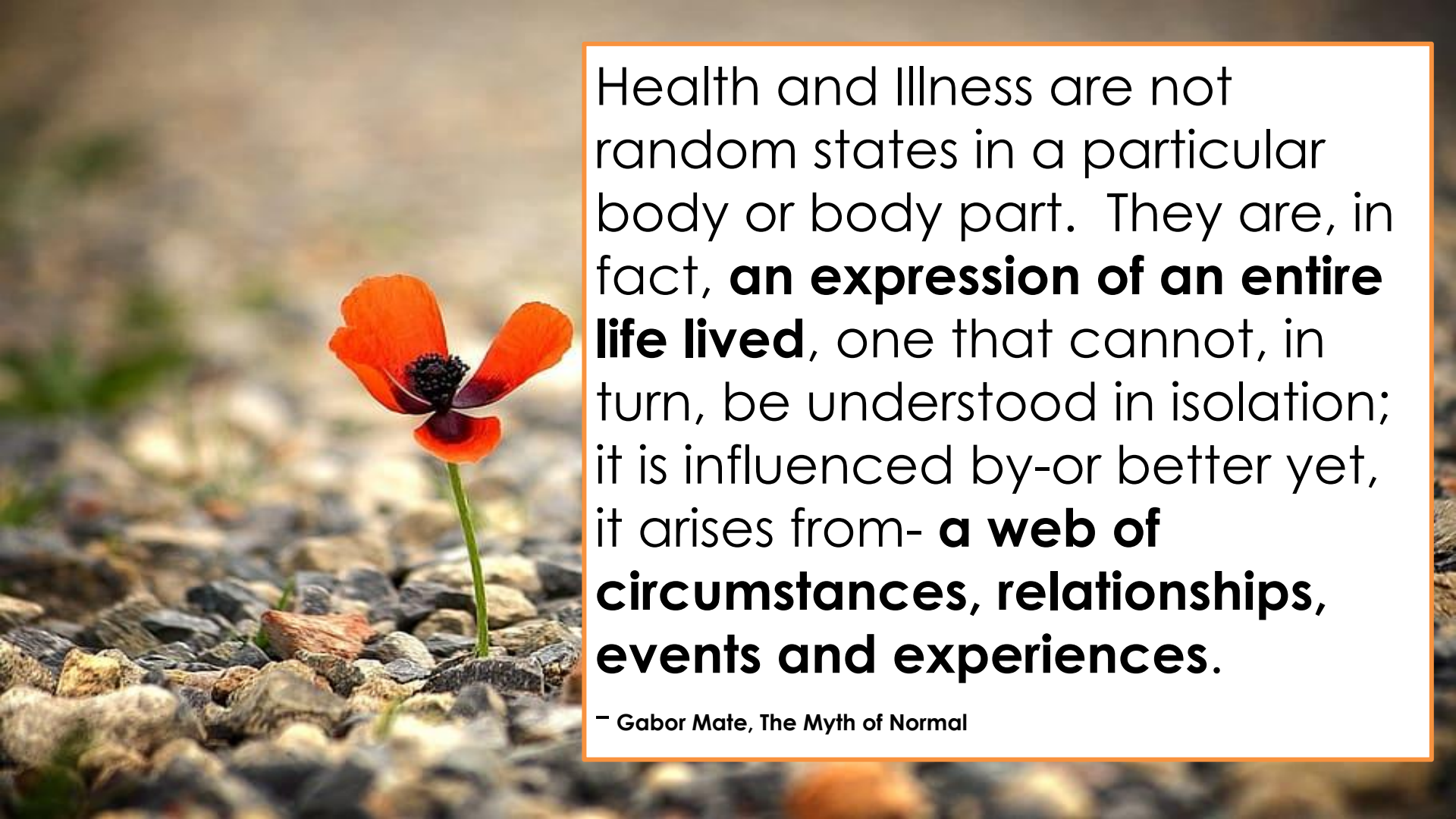
Adapted from ccrweb.ca

@sylvriaduckworth

1. What identities do you carry?

- How might they be assets to your wellness?
- How might they present barriers to your wellness?

2. How does white Supremacy Culture show up in our bodies? Work spaces? Relationships?



Health and Illness are not random states in a particular body or body part. They are, in fact, **an expression of an entire life lived**, one that cannot, in turn, be understood in isolation; it is influenced by-or better yet, it arises from- **a web of circumstances, relationships, events and experiences.**

- Gabor Mate, The Myth of Normal

Small Group Discussion



1. What unique or specific crises are B/IPOC educators impacted by in their workplaces?
2. What do B/IPOC educators need to move toward recovery from those crises?
3. How can our community develop, implement, and sustain those practices to move toward personal and collective healing and renewal?