**Resources for Resilience & Empowerment**

* [www.facebook.com/OregonAMCD](http://www.facebook.com/OregonAMCD)
* Organizations and Training
	+ [Black Mental Health Symposium 2020](https://blackmhsymposium.com/)
	+ [AMCD Virtual Summit](https://multiculturalcounselingdevelopment.org/2019/11/25/amcd-2020-virtual-summit-save-the-date/)
	+ [People’s Institute for Survival & Beyond](http://www.pisab.org/)
	+ [The White Privilege Conference](https://www.whiteprivilegeconference.com/)
	+ [National Conference on Race and Ethnicity (NCORE)](https://www.ncore.ou.edu/en/)
	+ [Power Rising Conference](http://www.powerrising.org/)
	+ [The Latinx Summit for Courageous Conversations](https://race.unm.edu/events/national-the-latinx-summit-for-courageous-conversation.html)
	+ [National Queer and Trans Therapists of Color Network](https://www.nqttcn.com/)
	+ [Free Racialized Trauma Course](https://culturalsomaticsuniversity.thinkific.com/courses/cultural-somatics-free-5-session-ecourse)
	+ [The Audre Lorde Project](https://alp.org/)
	+ [bklyn boihood](https://www.bklynboihood.com/)
	+ [The Brown Boi Project](http://www.brownboiproject.org/)
	+ [Trans Women of Color Collective](https://www.twocc.us/)
* Books
	+ *Me and White Supremacy Workbook* by Layla F. Saad
	+ *Stamped from the Beginning: The Definitive History or Racist Ideas in America* by Ibram X. Kendi
	+ *More Beautiful and More Terrible: The Embrace and Transcendence of Racial Inequality in the United States* by Imani Perry
	+ *Why I’m No Longer Talking to White People About Race* by Reni Eddo-Lodge
	+ *Killing the Black Body* by Dorothy Roberts
	+ *Tears We Cannot Stop* by Michael Eric Dyson
	+ *The New Jim Crow* by Michelle Alexander
	+ *So You Want to Talk About Race* by Ijeoma Oluo
	+ *Between the World and Me* by Ta-Nehisi Coates
	+ *White Fragility: Why It's So Hard for White People to Talk About Racism* by Robin DiAngelo
	+ *The Racial Healing Handbook* by Anneliese A. Singh
	+ *I’m Still Here: Black Dignity in a World Made for Whiteness* by Austin Channing Brown
	+ *Racism Without Racists: Color-Blind Racism and the Persistence of Racial Inequality in America (5th Edition)* by Eduardo Bonilla-Silva
	+ *Eloquent Rage: A Black Feminist Discovers Her Superpower* by Brittney Cooper
	+ *Pushout: The Criminalization of Black Girls in School* by Monique W. Morris
	+ *Sister Outsider* by Audre Lorde
	+ *Beloved* by Toni Morrison
	+ *How to Be an Anti-Racist* by Ibram X. Kendi
	+ *My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies* by Resmaa Menakem
	+ *Black on Both Sides: A Racial History of Trans Identity* by C. Riley Snorton
* Apps
	+ [Liberate Meditation App for BIPOC](https://liberatemeditation.com/)
* Podcasts
	+ [Therapy For Black Girls](https://therapyforblackgirls.com/podcast/)
	+ [Busy Being Black (Exploring QT Black lives)](https://player.fm/series/busy-being-black-2241434)

## [Hoodrat to Headwrap: A Decolonized Podcast](https://player.fm/series/hoodrat-to-headwrap-a-decolonized-podcast)

* + [1619 by the NY TIMES](https://www.nytimes.com/interactive/2019/08/14/magazine/1619-america-slavery.html)
	+ [Code Switch](https://www.npr.org/sections/codeswitch/)
	+ [Cultural Humility Podcast](https://drgallardo.com/uncategorized/cultural-humility-podcast-introduction/)
	+ [School Colors Podcast](https://www.schoolcolorspodcast.com/)
	+ [Naming It Podcast](http://www.namingitpodcast.com/)
	+ [Black and Highly Dangerous Podcast](https://www.blackandhighlydangerous.com/podcast)
	+ [The Thoughtful Counselor](https://thethoughtfulcounselor.com/)
	+ [Strange Fruit](https://player.fm/series/series-2352344)
* Social media
	+ [Layla F. Saad](https://www.instagram.com/laylafsaad/?hl=en)
	+ [Desa Karye Daniel](https://twitter.com/intent/follow?original_referer=https%3A%2F%2Fwww.desadaniel.com%2F&ref_src=twsrc%5Etfw&region=follow_link&screen_name=DesaKaryeDaniel&tw_p=followbutton)
	+ [Mr. Ken Shell](https://twitter.com/MrKenShell?s=20)
	+ [Rachel Cargle](https://www.instagram.com/rachel.cargle/?hl=en)
	+ [Wear Your Voice Magazine](https://www.instagram.com/wearyourvoice/?hl=en)
	+ [Mia Mingus](https://www.instagram.com/mia.mingus/?hl=en)
	+ [Decolonizing Therapy - Dr. Jennifer Mullan](https://www.instagram.com/decolonizingtherapy/?hl=en)
	+ [The Conscious Kid](https://www.instagram.com/theconsciouskid/?hl=en)