BIPOC Racial Resiliency Group
For Helping Professionals

The BIPOC Racial Resiliency Group aims to strengthen and support the Black, Indigenous, and other Persons of Color helping professional's capacity to understand and respond to racial dynamics that occur in the lives of clients and BIPOC workers and how they are re-enacted in the work environment. Key concepts of Internalized racial oppression, racial trauma, racial identity concerns, colorism and light skinned privilege, and disempowerment will be discussed. This is an opportunity to honestly examine race-related issues amongst BIPOC colleagues and enhance one's personal and professional self-confidence, resiliency and healing.

The BIPOC Racial Resiliency Group will meet for **six sessions over 3 consecutive Saturdays**, two sessions each date, from **10:30am – 12n and 1-2:30pm EDT**.

In this didactic and experiential group Participants will be invited to:

- Explore the impact of racism and white supremacy culture on the role individually, interpersonally and institutionally.
- Receive support and equip members of the group to engage in intra-racial and cross racial dialog around race and white supremacy.
- Identify personal and professional goals to continue to develop and sustain antiracist practice and advocacy.
- Bring in examples from their professional and community experiences

**Where:** Zoom

**When:** October 3, 10, and 17, of 2020, 10:30 AM-12 N and 1-2:30 PM.

**Fee:** $300 ($50 per session) with scholarships available

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**April Harvin, LCSW** is a psychotherapist in private practice in New York City. She also provides clinical administrative leadership for private and public entities, clinical supervision to individual psychotherapists, and provides consultation to organizations and groups committed to becoming anti-racist in their practice.

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