

Racism, Post-Traumatic Stress, & Transformation



Calling All People of Color: Clergy & Lay

March 28, 2020, at 8:30-3:00

Location: Simpson House

(2101 Belmont Ave, Philadelphia, PA 19131)

Registration Fee: \$25

Facilitator: R. Dandridge Collins, Ph. D., M.Div.

Register:

<https://www.etches.com/racism-trauma>

Registration includes: Continental Breakfast, Lunch and The Bestselling book *The Trauma Zone: Trusting God for Emotional Healing*.

Because of your race, have you ever felt:

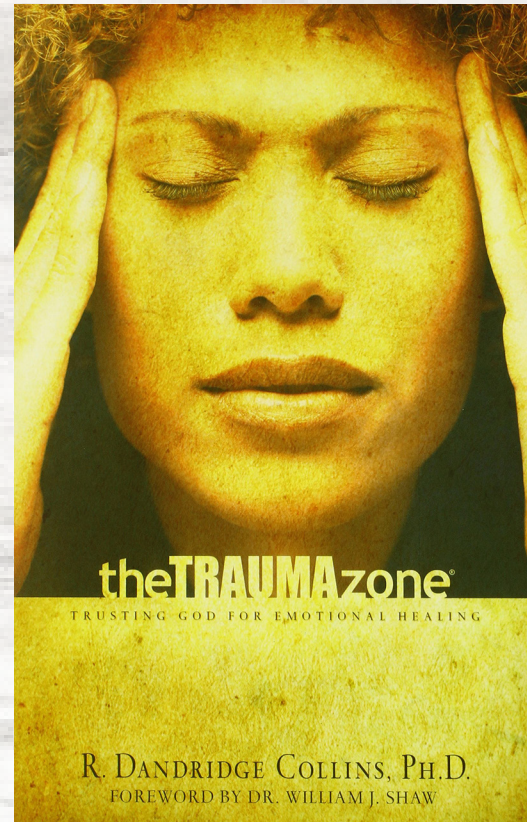
singled out?
marginalized?
disrespected?
ridiculed?

Have you ever raised a racial sensitivity concern and you were made to feel that you were:

going crazy?
overly sensitive?
overreacting?

Have issues of race ever left you with these feelings?

panic
anxiety
despair
depression
worry
nightmares
rage
flashbacks



We Will Highlight:

- Defining PTSD
- Defining Racism

We will be exploring practical solutions & resources.

Post-Traumatic Growth = healing after trauma.

Becoming Untethered from your trauma.



Eastern Pennsylvania Conference

The United Methodist Church

Sponsored by the Eastern PA Conference Commission on Religion and Race.