

Self Care Resources

Employee Assistance Program (EAP)- counseling Meditation <https://news.hr.ufl.edu/benefits/new-eap-to-offer-improved-access-and-expanded-resources/>
<https://www.instagram.com/tv/CA2xiCHJs1m/?igshid=6xv7g6tbv3i4>
Self Care Tips for Black Americans during this time <https://www.inquirer.com/life/self-care-black-americans-racism-george-floyd-ally-20200604.html>
Black Mental Health Resources <https://www.self.com/story/black-mental-health-resources>

Ally Resources

Anti-Racism Resource List https://docs.google.com/document/d/1BRIF2_zhNe86SGgHa6-VIBO-QgirITwCTugSfKie5Fs/preview?pru=AAABcnZds8Y%2ABosNWbot9-ulTo9FajbiNA&fbclid=IwAR39LgQIIVFxlU5V6yxqgkfMMVhEqF3Lk2ENSj0JLquPP80Jf4ggq5cvMCw
How to be anti-racist <https://mashable.com/article/how-to-be-antiracist/>
Resources Towards Anti Racism <https://www.mpcowley.com/resources>

Training / Teaching Resources

Talking About Race Portal (conversation facilitator) nmaahc.si.edu/talkingaboutrace
Anti-Racism Resources <http://www.resourcesharingproject.org/anti-racism-resource-collection>
Links <http://crossroadsantiracism.org/learn-more/links/>
books/instagrams/links/articles/etc <https://fortune.com/2020/06/05/antiracist-books-donations-black-owned-businesses-resources/>
Academics for Black Lives <https://www.academics4blacklives.com>

Parents/Kids Resources

Resources for parents and kids <https://www.healthline.com/health/parenting/anti-racism-resources-for-parents-and-kids#books>
Sesame Street Racism Townhall <https://www.cnn.com/2020/06/06/app-news-section/cnn-sesame-street-race-town-hall-app-june-6-2020-app/index.html>
Talking to kids about racism <https://www.nytimes.com/2020/06/05/us/talking-to-kids-about-racism.html>