



# Identifying and Coping with Racial Trauma: Creating your Racism Recovery Plan

*This presentation will be focused on identifying, coping with, and managing racial trauma. We will begin with a brief description of what we mean by the term "racial trauma," some of the impact of racial trauma on BIPOC, and then discuss practical steps to create an individualized racism recovery plan for yourself and/or in community with others.*

**WEDNESDAY, OCTOBER 28TH, 2020  
2:00 PM- 2:45 PM CT**

**FRIDAY, NOVEMBER 13TH, 2020  
12:00 PM- 12:45 PM CT**

**TO JOIN PLEASE VISIT:  
[HTTPS://TINYURL.COM/DEPAULUCS](https://tinyurl.com/depaulucs)**