

OPPORTUNITIES TO LEARN AND GROW: ANTIRACISM ACTION 10/30

| READ | SEE | DO | REFLECT | CULTURE |
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| <p>The Racial Healing Handbook</p> | <p>Watch “Gather” the story about resilience and the renaissance of Native food systems.</p> | <p>Attend Never is Now Anti-Defamation League’s Annual Summit on Antisemitism and Hate (Nov. 8-19)</p> <p>Interactive Self-Care Guide</p> | <p>Maslow’s Hierarchy of Needs Through Indigenous Eyes</p> | <p>Experience a deaf-owned and operated (and delicious) pizzeria in S.F. They are practicing safe COVID procedures. Mozzeria</p> <p>Get treats from Marin County Free Library!</p> <p>Attend PAWA (confirmed speakers include indigenous leaders, Sting)</p> |
| <p>What are some steps you will take now? Tomorrow? In the future?</p> | <p>How to watch “Gather” https://www.nativefoodsystems.org/watch/</p> | | <p>“In this country, American means white. Everyone else has to hyphenate.” --Toni Morrison</p> <p>What does this bring up for you?</p> | <p>You’ll notice a big difference in how you make reservations and order food. Yet being “outside the comfort zone” is how others interact in spaces not designed for disability and difference.</p> |