

Mindful Inclusion & Belonging for Afro-Caribbean Black Youth at Hadley & Philemon Wright

Virtual Event (Zoom): Thursday, April 22nd
2:00 -3:30 p.m. (periods 5 & 6)

Workshop Description:

In this interactive workshop with Meghan Stewart-Wills, certified L2 UM Mindfulness Coach, youth are invited to practice compassion while exploring racism and otherness in our society, ourselves and our education system. The workshop will include mindfulness approaches to vulnerable conversations and encourage brave, safe and interactive learning environment for all that attend. The three macro areas of focus in this workshop includes:

1. Self-Awareness
 - a. Introducing Race Stories: Prioritizing wellness and healing for Black communities
 - b. Mental Health: Implications, Support and Access
 - c. Mindfulness Practices to support self-awareness and belonging
2. Otherness: Centering of Whiteness
 - a. Three enablers: White Fragility, Privilege and Supremacy
 - b. Mindfulness: approaching discomfort with contemplative compassion
3. Shifting Compassionately: From Divisive to United
 - a. Cultivating Action: Self Healing and/or Belonging vs. Ally-ship as an Identity
 - b. Mindfulness: curiosity, contemplation, and acceptance (summarizing walk-away tools and reference guides to adopt for further learning and healing).



Throughout the session, participants will have the opportunity to share how they are experiencing each topic and subject area, if desired. Mindful wellness moments, such as brief meditations and written practices, will be infused throughout to ensure everyone has an opportunity to experience how they perceive and relate to the material shared. The intention of these offerings is to empower acceptance, compassion and belonging in a space that is safe for Black students. Prioritizing the mental health of Black attendees through these intentions empowers their belonging, value and self-worth and humility and consideration in non-Black attendees which is key in de-centering whiteness. De-centering of whiteness is a process of learning and unlearning for Black and non-Black attendees referencing the following definition:

"Whiteness - not as individual identity but as a general invisible, virtually transparent way of describing the "normal", standard human experience and worldview - continues to hold unacknowledged sway in the systems of power that shape our life chances"

Rhonda V. Magee