

# BRIDGES & BOUNDARIES

**Bridges & Boundaries is an experiential and educational workshop with the following objectives:**

- v **Increase your awareness** around the concept of diversity and difference
- v Appreciate and recognize **how racism impacts you** and those around you
- v Develop a greater capacity to explore one's own sense of cultural superiority and the **impact of internalized oppression**
- v Experience being in relationship with people who are similar and different while respecting the need for separateness in order to **heal the racial divide**
- v Provide an opportunity to **explore your "inner dialogue"** about racism, oppression, & privilege

**During the workshop, participants have the opportunity:**

- v To recognize and celebrate the similarities and differences of the workshop participants.
- v To recognize the **misinformation participants have learned about "other" groups.**
- v To identify and creatively challenge the concept of unearned privilege.
- v To **identify and heal internalized oppression** that members of an oppressed group experience
- v To understand the personal impact of discrimination through the telling of stories
- v To **begin the healing**, forgiveness, and transformation associated with Ism behavior through experiential processes.

**Who is the Workshop For?**

- v People from diverse backgrounds who want a greater appreciation of their ancestral roots
- v Anyone **striving to be in deeper connection** with those who are different than themselves
- v Educators, managers, clinicians and anyone involved in working with diverse populations
- v Any adult interested in the process of **racial healing, exploration, and cross-cultural sensitivity.**

**When and Where Will The Next B&B Take Place?**

**Friday July 20<sup>th</sup> through Sunday July 22<sup>nd</sup>**

1900 West Fulton Avenue

Chicago, IL 60612

This training will be non-residential. If you are traveling from out of the Chicago metropolitan area, accommodations are available near the Kuempel Men's Center.

**What Happens at the Workshop?**

Various opportunities are provided for those of white European origins and for People of Color to experience more deeply who they are, where they have come from, and the impact of racism on them. The workshop is educational and experiential with the underlying goal of **setting in motion transformational work around race.** There will be large and small group exercises and opportunities for individual work.

**Workshop Cost:** \$250.00 USD, (Reduced from \$650.00)

**Scholarships are available**

Please contact Leslie Recht at [LRecht@defrees.com](mailto:LRecht@defrees.com) or (312)405-5215 as soon as possible.