

# Anti-Racism Self Study Resources

*Crowd-Sourced by the UCSF Department of Physical Therapy & Rehabilitation Science Community  
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## Resources and References

### Educational Compilations (Trainings, Guides, Workshops, etc)

- Ways you can help and educate yourself:  
<https://blacklivesmatters.carrd.co/#>
- Shared by Marisa McFarlane (UCSF Neurosurgery):  
<https://ucsf.app.box.com/notes/673929265563?s=mb2pns1s0k7wcaa8dnoustkco k3ev6o3>
- National Museum of African American History and Culture - “Talking About Race” Web Portal
  - General Info: <https://nmaahc.si.edu/about/news/national-museum-african-american-history-and-culture-releases-talking-about-race-web>
  - Web Portal: <https://nmaahc.si.edu/learn/talking-about-race>
- 75 Things White People Can Do for Racial Justice  
<https://medium.com/equality-includes-you/what-white-people-can-do-for-racial-justice-f2d18b0e023>
- Antiracism Resources for White People  
[https://docs.google.com/document/u/1/d/1BRIF2\\_zhNe86SGgHa6-VIBO-QgirlTwCTugSfKie5Fs/mobilebasic](https://docs.google.com/document/u/1/d/1BRIF2_zhNe86SGgHa6-VIBO-QgirlTwCTugSfKie5Fs/mobilebasic)
- Anti-racism workshops (selected)  
<https://www.wellandgood.com/good-advice/anti-racism-workshops-classes>
- Rachel Mercer on Twitter (thread on framing conversations with family)  
<https://twitter.com/rachelmercer/status/1267981984556625920>
- Scaffolded Resources for Anti-Racism  
[https://docs.google.com/document/d/1PrAq4iBNb4nVlcTsLcNIW8zjaQXBLkWayL8EaPlh0bc/preview?pru=AAABcp874EU\\*ZgRWhZDC5EHSU3mP4-YHDg](https://docs.google.com/document/d/1PrAq4iBNb4nVlcTsLcNIW8zjaQXBLkWayL8EaPlh0bc/preview?pru=AAABcp874EU*ZgRWhZDC5EHSU3mP4-YHDg)
- Justice in June:  
[https://docs.google.com/document/d/1H-Vxs6jEUByXylMS2BjGH1kQ7mEuZnHpPSs1Bpaqmw0/preview?pru=AAABcqPaNWo\\*Mg4LEZBP-Klp\\_T3LUN6uJA#heading=h.kp9nlkcghx65](https://docs.google.com/document/d/1H-Vxs6jEUByXylMS2BjGH1kQ7mEuZnHpPSs1Bpaqmw0/preview?pru=AAABcqPaNWo*Mg4LEZBP-Klp_T3LUN6uJA#heading=h.kp9nlkcghx65)
- BLM Instructional Library (read-along for younger children/families)  
[https://docs.google.com/presentation/d/18pOK3roiWPQ9WF7D2wA0o7Ktr8KwAJeZfn-o6O8T\\_Y/mobilepresent?fbclid=IwAR211nOG1SXdvVp5wSaamg2AiZ4I2gSVvWn2cpOrUfXaMrPzJzIN7QKnfS0&slide=id.p](https://docs.google.com/presentation/d/18pOK3roiWPQ9WF7D2wA0o7Ktr8KwAJeZfn-o6O8T_Y/mobilepresent?fbclid=IwAR211nOG1SXdvVp5wSaamg2AiZ4I2gSVvWn2cpOrUfXaMrPzJzIN7QKnfS0&slide=id.p)

## Resources for Children and Families

- "Coming Together: Standing Up to Racism.  
A [CNN/Sesame Street Town Hall for Kids and Families](#)" (CNN On Demand)
- Different languages-- starting the conversation with family:  
<https://lettersforblacklives.com/2020/home>
- Spotlight on Young Children: Equity and Diversity by Christina Gillanders (Editor) and Rossella Procopio (Editor)  
[Amazon.com Spotlight on Young Children: Equity and Diversity](#)  
[Google Books Spotlight on Young Children: Equity and Diversity](#)

## Exploration

- Take an implicit bias test: <https://implicit.harvard.edu/implicit/takeatest.html>
  - Take the implicit bias in Healthcare test: <https://canvas.uw.edu/courses/1173964>

## Scientific Articles

- Jalil Bishop Mustafa (2017) Mapping violence, naming life: a history of anti-Black oppression in the higher education system, *International Journal of Qualitative Studies in Education*, 30:8, 711-727, DOI: [10.1080/09518398.2017.1350299](https://doi.org/10.1080/09518398.2017.1350299)
- Hyers, L.L. Resisting Prejudice Every Day: Exploring Women's Assertive Responses to Anti-Black Racism, Anti-Semitism, Heterosexism, and Sexism. *Sex Roles* 56, 1–12 (2007). <https://doi.org/10.1007/s11199-006-9142-8>
- Jasmine M. Haywood (2017) Anti-Black Latino racism in an era of Trumpismo, *International Journal of Qualitative Studies in Education*, 30:10, 957-964, DOI: [10.1080/09518398.2017.1312613](https://doi.org/10.1080/09518398.2017.1312613)
- Nolan León Cabrera (2014) Exposing whiteness in higher education: white male college students minimizing racism, claiming victimization, and recreating white supremacy, *Race Ethnicity and Education*, 17:1, 30-55, DOI: [10.1080/13613324.2012.725040](https://doi.org/10.1080/13613324.2012.725040)
- Evans, J. (1992). What occupational therapists can do to eliminate racial barriers to health care access. *American Journal of Occupational Therapy*, 46(8), 679-683.
- Gutin, I. Essential(ist) medicine: promoting social explanations for racial variation in biomedical research *Medical Humanities* 2019; 45:224-234.  
<https://mh-bmj-com.ucsf.idm.oclc.org/content/medhum/45/3/224.full.pdf>
- Archer L, Dewitt J, Osborne J. Is science for us? Black students' and parents' views of science and science careers. *Science Education*. 2015 Mar;99(2):199-237.  
<https://onlinelibrary.wiley.com/doi/epdf/10.1002/sce.21146>
- Strategies to Improve Equity in Faculty Hiring  
<https://www.molbiolcell.org/doi/full/10.1091/mbc.E19-08-0476>
- See **Research** Section of Uprising 2020 at Othering & Belonging Institute:  
<https://belonging.berkeley.edu/uprising-2020>

## Other Articles

- The American Nightmare, Ibram X Kendi - <https://www.theatlantic.com/ideas/archive/2020/06/american-nightmare/612457/>
- White Privilege: Unpacking the Invisible Knapsack, Peggy McIntosh <https://www.racialequitytools.org/resourcefiles/mcintosh.pdf>
- Being An Anti-Racist Ally by Sophie Williams [https://www.instagram.com/p/CAuyT\\_Yg5yt/](https://www.instagram.com/p/CAuyT_Yg5yt/)
- The Case for Reparations - Ta-Nehisi Coates <https://www.theatlantic.com/magazine/archive/2014/06/the-case-for-reparations/361631/>
- What i know to be true - Ariel Hart <https://medium.com/@hartwerq/what-i-know-to-be-true-df9be17f081e>  
<https://www.theatlantic.com/politics/archive/2015/07/tanehisi-coates-between-the-world-and-me/397619/>
- My White Friend Asked Me on Facebook to Explain White Privilege. I Decided to Be Honest <https://www.yesmagazine.org/opinion/2017/09/08/my-white-friend-asked-me-on-facebook-to-explain-white-privilege-i-decided-to-be-honest/>
- Call it what it is: Anti-Blackness <https://www.nytimes.com/2020/06/04/opinion/george-floyd-anti-blackness.html>
- How to Make this Moment the Turning Point for Real Change - Barack Obama <https://medium.com/@BarackObama/how-to-make-this-moment-the-turning-point-for-real-change-9fa209806067>
- Dear anti-racist allies: Here's how to respond to microaggressions (<https://www.cnn.com/2020/06/05/health/racial-microaggressions-examples-responses-wellness/index.html>)
- White Supremacy Culture: a list of values and characteristics present in organizations and institutions, including UCSF, that promote white supremacy. [https://www.dismantlingracism.org/uploads/4/3/5/7/43579015/okun\\_-\\_white\\_sup\\_culture.pdf](https://www.dismantlingracism.org/uploads/4/3/5/7/43579015/okun_-_white_sup_culture.pdf)
- Michelle Alexander, author of The New Jim Crow, op-ed for the NYT on 6/8/2020 <https://www.nytimes.com/2020/06/08/opinion/george-floyd-protests-race.html>
- Implicit Bias and Racial Disparities in Healthcare [https://www.americanbar.org/groups/crsj/publications/human\\_rights\\_magazine\\_home/the-state-of-healthcare-in-the-united-states/racial-disparities-in-health-care/](https://www.americanbar.org/groups/crsj/publications/human_rights_magazine_home/the-state-of-healthcare-in-the-united-states/racial-disparities-in-health-care/)
- NIH NIGMS What Can We Do to Combat Anti-Black Racism in the Biomedical Research Enterprise: <https://loop.nigms.nih.gov/2020/06/what-can-we-do-to-combat-anti-black-racism-in-the-biomedical-research-enterprise/>
- How 2 Lives Collided in Central Park, Rattling the Nation – New York Times <https://www.nytimes.com/2020/06/14/nyregion/central-park-amy-cooper-christian-racism.html>

## Books

### Concepts, Historical Contexts, and Self-Development

- Notes of a Native Son - James Baldwin
- Freedom is a Constant Struggle - Angela Davis
- Between The World and Me - Ta-Nehisi Coates
- The Mis-Education of the Negro - Carter G. Woodson, 1933
- How to be an Antiracist - Ibram X. Kendi
- So You Want to Talk About Race - Ijeoma Oluo
- The Underside of American History 5th Edition, Volume 2: Since 1865 - Edited by Thomas R. Frazier
  - Chapter 1: Reconstruction and the Gilded Age
    - The Politics of Freedom - Eric Foner
  - Chapter 4: Recent America
    - School Desegregation in Topeka - Raymond Wolters

### Whiteness

- Me and White Supremacy - Layla F. Saad
  - Layla F. Saad has a 4 part video series on her book (Inside #MeAnd WhiteSupremacy). She discusses how she started the book and how it is laid out and how to “do” the book, not just read it.  
[https://www.youtube.com/channel/UCv\\_5fBo4-1AmL6V2ECwUrKQ/videos](https://www.youtube.com/channel/UCv_5fBo4-1AmL6V2ECwUrKQ/videos)
- White Fragility: Why It's So Hard for White People To Talk About Racism - Robin DiAngelo
- White Like Me: Reflections on Race From a Privileged Son - Tim Wise
- The Colonizer and the Colonized - Albert Memmi

### Laws and Law Enforcement

- The New Jim Crow - Michelle Alexander
- The Color of Law - Richard Rothstein
- The End of Policing - Alex. S. Vitale (free ebook:  
<https://www.versobooks.com/books/2817>)
- Ticket to Exile - Adam David Miller

### Economics, Wealth, & Philanthropy

- Decolonizing Wealth - Edgar Villanueva

### Education

- Pedagogy of the Oppressed - Paulo Freire
- For White Folks Who Teach in the Hood...and the Rest of Y'all Too: Reality Pedagogy and Urban Education - Christopher Emdin
- Lies My Teacher Taught Me - James Loewen

### Healthcare

- Just Medicine - Dayna Bowen Mathew

- Black Man in a White Coat - Damon Tweedy

### Biographical Stories

- Just Mercy - Bryan Stevenson
- The Autobiography of Malcolm X - Alex Haley
- Dreams From My Father: A Story About Race and Inheritance - Barack Obama

### Novels

- The Warmth of Other Suns - Isabel Wilkerson
- Beloved-Toni Morrison
- I know why the caged bird sings – Maya Angelo

### Access to Black Stories and Perspectives

- **\*\*Consider how your book purchase can be used to support black-owned independent bookstores. <https://shoppeblack.us/2020/03/black-owned-online-bookstores1/>**
- **\*\*Learn more about how your local libraries are funded to ensure access to all.\*\***

## Podcasts

- Good Ancestor <http://laylafsaad.com/good-ancestor-podcast>
- Code Switch <https://www.npr.org/podcasts/510312/codeswitch>
- Toure Show
- Still Processing
- Jemele Hill is Unbothered
- 1619 - NYT/Nikole Hannah-Jones (Episode 4 focuses on healthcare)
- This episode of Hidden Brain <https://www.npr.org/2020/05/22/860926909/people-like-us-how-our-identities-shape-health-and-educational-success>
- Another Hidden Brain episode <https://www.npr.org/2018/03/09/591895426/the-mind-of-the-village-understanding-our-implicit-biases>
- Crooked Media
- Throughline: American Police <https://podcasts.apple.com/us/podcast/american-police/id1451109634?i=1000476753768>

## Things to Watch (Videos, Movies, Documentaries)

### Documentaries

- Segregated by Design (Short/Documentary, Vimeo) <https://www.segregatedbydesign.com/>
- 13th (Netflix, Documentary) <https://www.netflix.com/title/80091741>
- True Justice (HBO Documentary) <https://www.youtube.com/watch?v=JfZPI4CFEUc>
- Becoming (Netflix) <https://www.netflix.com/title/81122487>
- Raised By Krump (vimeo) <https://vimeo.com/218798641>

### Films Based on True Stories

- When They See Us (Netflix, Film/Series) <https://www.netflix.com/title/80200549>
- Native Son (HBO, 2019 film adaptation of Richard Wright's 1940 Novel)
- Just Mercy (Film adaption offered for [free access](#) for the month of June)
- Selma (2014 film) [free to rent](#) for the month of June.
- BlacKkKlansman - Spike Lee
- 42
- Hidden Figures
- The Great Debaters
- Detroit

### Other Films

- The Last Black Man in San Francisco
- Sorry to Bother You (hulu)
- Boyz in the Hood
- Poetic Justice

- Precious
- Get Out
- Us

### Television

- United Shades of America (CNN, Docu-Series) <https://www.cnn.com/shows/united-shades-of-america>
- Black-ish - TV Series, sitcom ABC/Hulu
- Mixed-ish - TV Series, sitcom ABC/Hulu
- Hip-Hop Evolution (Netflix, Docu-Series) <https://www.netflix.com/title/80141782>
- Dear White People - Netflix TV series <https://www.netflix.com/search?q=dear&jbv=80095698&jbp=0&jbr=0>
- American Son (Netflix). Limited Television Series. Based on the Broadway play of the same name by Christopher Demos-Brown
- Atlanta- TV series (hulu)
  - Episode entitled “B.A.N”
- Watchmen – TV Series (HBO)

### Shorter Videos

- We Need to Talk About An Injustice (Bryan Stevenson, TED Talk, 2012) [https://www.ted.com/talks/bryan\\_stevenson\\_we\\_need\\_to\\_talk\\_about\\_an\\_injustice](https://www.ted.com/talks/bryan_stevenson_we_need_to_talk_about_an_injustice)
- The Story We Tell About Poverty Isn't True (Mia Birdsong, TED Talk 2015) [https://www.ted.com/talks/mia\\_birdsong\\_the\\_story\\_we\\_tell\\_about\\_poverty\\_isn\\_t\\_true](https://www.ted.com/talks/mia_birdsong_the_story_we_tell_about_poverty_isn_t_true)
- How childhood trauma affects health across a lifetime (Nadine Burke Harris, TED Talk 2015) [https://www.ted.com/talks/nadine\\_burke\\_harris\\_how\\_childhood\\_trauma\\_affects\\_health\\_across\\_a\\_lifetime?language=en](https://www.ted.com/talks/nadine_burke_harris_how_childhood_trauma_affects_health_across_a_lifetime?language=en)
- “Racism has a cost for everyone” (Heather C. McGhee, TED Talk 2019) [https://www.ted.com/talks/heather\\_c\\_mcghee\\_racism\\_has\\_a\\_cost\\_for\\_everyone?language=en](https://www.ted.com/talks/heather_c_mcghee_racism_has_a_cost_for_everyone?language=en)
- How to raise a black son in America | Clint Smith (short 5 min ted talk) <https://www.youtube.com/watch?v=Us70DN2XSfM&app=desktop>
- David R. Williams: How Racism Makes Us Sick (Ted Talk) [https://www.ted.com/talks/david\\_r\\_williams\\_how\\_racism\\_makes\\_us\\_sick?language=en](https://www.ted.com/talks/david_r_williams_how_racism_makes_us_sick?language=en)
- Ibram X. Kendi: How to build an antiracist world (Ted Talk) [https://www.ted.com/talks/ibram\\_x\\_kendi\\_how\\_to\\_build\\_an\\_antiracist\\_world](https://www.ted.com/talks/ibram_x_kendi_how_to_build_an_antiracist_world)
- [Dorothy Roberts: The problem with race-based medicine | TED Talk](#)
- [Let's get to the root of racial injustice | Megan Ming Francis | TEDxRainier](#)
- [How to deconstruct racism, one headline at a time | Baratunde Thurston](#) - Ted Talk
- Toni Morrison Interview (1998): <https://www.youtube.com/watch?v=PCMoS6UJoxs>

## People (Content Experts)

- Ibram X. Kendi <https://twitter.com/Drlbram>
- Alicia Garza <https://aliciagarza.com/>, <https://rrs.sfsu.edu/faculty-staff/Alicia-Garza>, on Twitter @aliciagarza
- Ava DuVernay <https://www.instagram.com/ava/>
- The Conscious Kid <https://www.instagram.com/theconsciouskid/>
- Rachel Cargle <https://www.rachelcargle.com/>, on Twitter @RachelCargle, on IG @rachel.cargle @thegreatunlearn
- Mia Birdsong (Oakland, CA) on Twitter/IG @miabirdsong
- Kamau Bell <http://www.wkamaubell.com/> on Twitter/IG @wkamaubell
- john a. powell <https://www.johnapowell.org/>
- Liz Kleinrock <https://linktr.ee/teachandtransform>, <https://www.teachandtransform.org> IG @teachandtransform (IG TV)

## Organizations

- Color of Change <https://colorofchange.org/>
- White Coats For Black Lives [whitecoats4blacklives.org](http://whitecoats4blacklives.org)
- Black Visions Collective <https://www.blackvisionsmn.org/>
- Equal Justice Initiative <https://eji.org/>
- Reclaim the Block <https://www.reclaimtheblock.org/home>
- Campaign Zero <https://www.joincampaignzero.org/>
- Fair Fight <https://fairfight.com/>
- ACLU <https://www.aclu.org/>
- SPLC <https://www.splcenter.org/>
- NAACP <https://www.naacp.org/>
- Othering and Belonging Institute <https://belonging.berkeley.edu/>
- Perception Institute <https://perception.org/>
- Black Panther Party (Oakland, Ca 1966)
- Bay Area Organization of Black Owned Businesses (BAOBOB) <https://baobobdirectory.com/>
- Black Lives Matter Youth Coalition <https://www.blacklivesmattergreaterny.com/youth-coalition>
- Black Organizing Project (Oakland, CA) <http://blackorganizingproject.org/>
- People's Breakfast Oakland <https://www.hellablackpod.com/pbo>

## Art, Music, and Poetry

### Music By Era

#### 2000 – Present

- **Kendrick Lamar**
  - Damn (Pulitzer Prize-winning album)
  - To Pimp a Butterfly
  - Alright
- **Add-2**
  - Jim Crow: The Musical (album)
- **Rhapsody**
  - Eve (album) - Each song is named for an influential Black woman, including Nina Simone, Michelle Obama, Oprah Winfrey, Myrlie Evers, and Aaliyah.
- **J. Cole**
  - Be Free - song
  - 4 Your Eyez Only (album)
- **Janelle Monae**
  - Hell You Talmhout (f. Wondaland Records)
  - Cold War
- **Childish Gambino**
  - This is America
  - Awaken, My Love! (album)
- **The Game**
  - Don't Shoot
- **Meek Mill**
  - Otherside of America
- **Run the Jewels**
  - RTJ4 (album)
  - Featured on NPR's morning edition  
<https://www.npr.org/2020/06/08/870001063/on-rtj4-run-the-jewels-is-a-speaker-box-for-society>
- **John Legend**
  - 
  - Hang on in There
- **Vince Staples**
  - Lift Me Up
  - Señorita
  - Summertime
  - BagBak
- **Nipsey Hussle**
  - Dedication
- **GoldLink**
  - Pray Everyday

- **Common**
  - Letter to the Free (Ft. **Bilal**)
  -
- **Lupe Fiasco**
  - Food & Liquor II: The Great American Rap Album Pt. 1 (album)
    - Songs on the album cover a wide variety of topics such as misogyny in rap, the struggles of being an African American, and the wide success that African Americans have experienced in society.
- **Kevin Abstract**
  - Boyer from ARIZONA BABY
- **The Roots**
  - It Ain't Fair (ft **Bilal**)
- **Joyner Lucas**
  - I'm Not Racist

### 1980-1999

- **Grandmaster Flash and the Furious Five**
  - The Message
- **NWA**
  - Straight Outta Compton (album)
- **Public Enemy**
  - It Takes a Nation of Millions to Hold Us Back
    - Rebel Without a Pause
  - Fear of a Black Planet
    - Fight the Power
    - 911 is a Joke
- **Black Star** (whole discography)
- **Mos Def** (now known as Yasiin Bey)
  - Black on Both Sides (album)
- **Dead Prez** (whole discography)
- **Tupac**
  - Brenda's Got a Baby
  - Dear Mama
- **Black Eyed Peas**
  - Where is the Love? (song)
- **Lauryn Hill**
  - Lost Ones

### 1960-1979

- **Marvin Gaye**
  - What's Going On (song) (and album)
    - *Contributor Quote: "Wanted to make a correction with a caption alongside it. The original submission put "What's Going On?" with a question mark, but Gaye deliberately left that out because it's not a*

*question. It's a plea for our fellow man to pay attention to What's Going On. Right here. Right now."*

- Mercy, Mercy Me
- Inner City Blues
- **Sam Cooke**
  - Change Is Gonna Come
- **Nina Simone**
  - To Be Young, Gifted, and Black
  - Mississippi Goddam
  - Four Women
  - Don't Let Me Be Misunderstood
- **Curtis Mayfield**
  - (Don't Worry) If There's a Hell Below, We're All Going to Go
  - We Are the People Darker Than Blue
- **The Temptations**
  - Ball of Confusion
  - Get Ready
- **Gladys Knight and the Pips**
  - Friendship Train
- **Bob Marley + the Wailers**
  - Buffalo Soldier
  - I Shot the Sheriff
  - Redemption Song
  - Get Up, Stand Up
- **The Doobie Brothers**
  - Taking it to the Streets
- **The Ojays**
  - Give the People What They Want
  - Don't Call Me Brother
  - Message in Our Music
  - Ship Ahoy
- **Donny Hathaway**
  - The Ghetto
- **Gil Scott Heron**
  - [The Revolution Will Not Be Televised](#)
  - We Almost Lost Detroit
- **James Brown**
  - Say It Loud (I'm Black and Proud)

## Poetry

- **Langston Hughes**
  - Let America Be America Again
  - I, Too
  - America
  - Mother to Son
  - Negro
  - The White Ones
  - Lament for Dark Peoples
  - To Certain Intellectuals
  - Minstrel Man
  -
- **Maya Angelo**
  - Still I Rise
  - A Brave and Startling Truth
  - A Black Woman Speaks to Black Manhood
- **Nikki Giovanni**
  - Linkage
  - Gus
  - Poem (for Nina)
  - You Came, Too
  - Poem for Black Boys
  - Concerning One Responsible Negro with Too Much Power
  - Nikki-Rosa
- **The Last Poets**
  - When the Revolution Comes: [https://www.youtube.com/watch?v=8M5W\\_3T2Ye4](https://www.youtube.com/watch?v=8M5W_3T2Ye4)
- **Nayyirah Waheed**
  - Salt
- **Danez Smith**
  - Don't Call Us Dead: Poems

## Black-Owned Restaurants in the Bay Area

Spreadsheet from *SF Chronicle's* food critic Soleil Ho -

<https://docs.google.com/spreadsheets/d/1mTthE5lwqVnTCIm3iQtQXLYxwK-pc17cuCp--BhAYX8/edit#gid=0>

**\*Order Takeout - Tip and Be Kind!\***

EatOkra app: A guide to Black-owned businesses in the Bay Area.

<https://www.eatokra.com/>

Black owned businesses in Bay Area

[https://docs.google.com/spreadsheets/d/1mTthE5lwqVnTCIm3iQtQXLYxwK-pc17cuCp--BhAYX8/htmlview?pru=AAABcpWeVjg\\*RpLZobc8cNOj3opWL0COgg](https://docs.google.com/spreadsheets/d/1mTthE5lwqVnTCIm3iQtQXLYxwK-pc17cuCp--BhAYX8/htmlview?pru=AAABcpWeVjg*RpLZobc8cNOj3opWL0COgg)

San Francisco

- House of Tadu Ethiopian Kitchen - <http://taduethiopiankitchen.com>
- Little Skillet - <http://www.littleskilletsf.com/>
- Ungrafted - <https://www.ungraftedsf.com/>
- Hazel's Southern Bar & Kitchen - <https://www.hazelsf.com/>
- Radio Africa & Kitchen - <https://www.radioafricakitchen.com/>
- 

San Jose

- Jackie's Place <https://www.jackiecaters.com/> (They did just experience a grease fire and are looking for support for damages. I believe they are reopening on June 15th)

Oakland

- Brown Sugar Kitchen: <http://www.brownsugarkitchen.com/>
  - Owner & Executive Chef Tanya Holland: <https://www.tanyaholland.com/>
- Souley Vegan: <https://souleyvegan.com/>
- Vegan Mob: <http://veganmob.biz/>
- Home of Chicken and Waffles: <https://www.homeofchickenandwaffles.com/>
- Flip n Soul - no website, but they post their daily menu on IG  
<https://www.instagram.com/flipnsoul/?hl=en>

Black Owned Coffee Shops in the Bay

- Kefa Coffee (Oakland)
- Rasa Cafe (Berkeley)
- Red Bay Coffee (Oakland)
- Lane-e Kefa Coffee (Oakland)
- Excelsior Coffee (SF)
- Folklores Coffee Roasters (SF)
- Alchemy Collective Cafe and Roaster (Berkeley)
- Sextant Coffee (SF)

## Past Webinars (Recordings May Be Available)

- **Anti-Racism & Allyship for Rehab and Movement Professionals-**  
Live webinar 6/9/20. Recording available for purchase.  
This training is designed to help you get started on your journey to becoming an effective ally in your profession. Cost: \$25. A portion of the proceeds will be donated to the National Association of Black Physical Therapists. <https://www.crowdcast.io/e/Anti-Racism&AllyshipforRehabandMovementProfessionals/register>
- **Showing Up for Racial Justice: White People's Work to End Racism**  
June 9, 2020 – This event has passed.  
Interfaith Council of Contra Costa County  
This is a webinar especially for folks who are newer to racial justice work as well as folks doing the work of bringing new white folks in. White people have an important role and responsibility for being part of a multi-racial movement to end racism and win collective liberation. Now is as good of a time as ever to join in this work or deepen your involvement in making the changes we so drastically need.  
Invite on FB here: <https://www.facebook.com/events/2687070151565319/>
- **Race and Higher Education (zoom [link](#) embedded) –**  
Hosted by Michael J. Sorrell, president of Paul Quinn College, and Scott Carlson, a senior writer with The Chronicle, the event will explore how colleges and universities can address the systemic problems with race and class in the United States. The panel will also include: Devin Fergus, Arvarh E. Strickland Distinguished Professor of History and Black Studies, University of Missouri at Columbia; Mildred García, President, American Association of State Colleges and Universities, G. Gabrielle Starr, President, Pomona College. This forum is underwritten by the Bill & Melinda Gates Foundation. The forum was recorded on June 11, 2020. You MAY be able to request links to resources and access to the on-demand video and transcript. If you are unable to attend the live event, you will still have access to the video.
- **Healthcare: The Black Provider Experience**  
[Thursday June 11 at 8pm](#) CST/9pm EST  
<https://southern-pelvic-health-and-the-vagina-whisperer.mykajabi.com/offers/i9PsowHy/checkout>  
This 75 minute class includes panelists Juan Michelle Martin, PT, DPT, Danelle Dickson, PT, DPT, OCS, Amber Brown PT, DPT, WCS, CLT, RYT, Oluwayeni Abraham PT, DPT, and Kenael Segal PT, DPT. This is the first of a two-part series for healthcare, wellness and medical professionals on race in our current healthcare system.

## Further Discussion

**(What else you you like to explore? Add your idea for a discussion topic!)**

- Advocating for Policy Change to Advance Health Equity
  -
- Intersectionality of Race and Gender
  -
- Talking to Family and Friends About Anti-Racism
  -
- Anti-racism in Community Service
  -
- Anti-racist Curriculum in Health Professions Education
  -
- Systems-Thinking and Racial Justice
  -
- Policing Disparities in My Local Community
  -
- Anti-Racism/Decolonization Theory in Global Health Missions
  -
- Identifying, Discussing, and Dismantling Bias (readings, sharing personal experiences)
  -
- Race in the Physical Therapist Profession