

Resources List PP&R Employee Listening Session – Systemic Racism on June 11, 2020

Employee Assistance Program is available to employees and dependents who are eligible for the City's medical coverage. For access to confidential help 24 hours a day, seven days a week, call toll-free: 1-800-433-2320, text 503-980-1777, or go online to [Cascade Centers](#). They offer [resources for coping with violence and racism](#), crisis counseling, and many other resources.

PP&R Fostering Equity Support Team supports employees who may be feeling or experiencing inequitable impacts. Please reach out for confidential support to help guide you through difficult workplace traumas, a safe space to share your concerns, and assistance in navigating complex resources. Contact at ParksFEST@portlandoregon.gov

PP&R Diversity and Equity Committee facilitates implementation of policies and practices to remove barriers to and promote diversity, inclusion and racial equity best practices. If you want to learn more, contact Parks-DiversityEquityComm@portlandoregon.gov or visit [this link](#).

[Office of Equity and Human Rights](#) provides education and technical support to City staff and elected officials, leading to recognition and removal of systemic barriers to fair and just distribution of resources, access and opportunity, starting with issues of race and disability.

[Portland United Against Hate](#) is a coalition of 80+ organizations working to address hate violence in Portland. A local resource and network if you experience a hate event, need to report it, get help, need advice, or counseling.

[Scaffolded Anti-Racist Resources](#) - Lays out an approach to identifying learning materials for White folks based on where they are in their development toward anti-racism.

Resources for racial trauma

[Family-Care, Community-Care and Self-Care Tool Kit: Healing in the Face of Cultural Trauma](#) - developed by and for people of African ancestry

[University of Northern Texas, Racial trauma and self-care in tragedy](#)

Webinar

[From Inactive Bystander to Ally: Identifying, Acknowledging, and Speaking Up with Tiffany Jana](#)

[Watch recording](#) 

Go to [this page](#) to view the webinar recording. It's there for you to re-watch whenever you'd like. Feel free to share with your team.

Articles, Books and Documentary

<https://www.esquire.com/entertainment/books/g32733124/best-books-on-anti-racism/>

Why I'm No Longer Talking to White People About Race by Reni Eddo-Lodge

Me and White Supremacy: Combat Racism, Change the World, and Become a Good Ancestor -
by Layla F Saad

White Fragility - Robin D'Angelo

<https://www.bing.com/videos/search?q=d%27Angelo+talking+on+white+fragility&docid=608033872751887279&mid=497BF36E178653046CF1497BF36E178653046CF1&view=detail&FORM=VIRE>

So You Wanna Talk About Race - Ijeoma Oluo

<https://www.docplay.com/articles/10-documentaries-to-watch-about-race-instead-of-asking-a-person-of-colour-to-explain-things-for-you/>

Resources for children and parents

[Glazer Children's Museum](#) - resources for families about racism, trauma, violence, and the historic context of activism.

[Children's Law Center](#) - books, videos, and other resources to help white parents speak with their children about racism.

[The Dougy Center](#) - provides support in a safe place where children, teens, young adults, and their families grieving a death can share their experiences.