



Apply Now for UNtraining White Parents of Children of Color Focused Phase 1 Group Starts Sunday, August 1st Application Deadline: June 28th

"Loving yourself is a political act. We are taught not to love ourselves and from that place we are easily manipulated... Love yourself so much that this love changes the world."
-Rita Shimmin, UNtraining co-founder

Are you a white parent of children of color who wants to expand your awareness of how white conditioning impacts parenting your children in ways that may be invisible or unconscious? Fostering our children's racial identity in a healthy way is a complex, important and meaningful aspect of our role. It involves a commitment to developing our own consciousness, ways of being, and skills around racism and allyship as white adults. This UNtraining Phase 1 draws from research, resources, theories and tools focused on adult development and capacity building, how children understand race, and how we develop our racial identities. Through this series, participants will:

- Build our awareness of our own racial identity, whiteness, white supremacy, positionality and systemic inequities in a context of compassion and support
- Understand how our parenting styles are impacted and shaped by white supremacy and learn how to parent differently
- Foster resilience in our children through trust and understanding the gift of challenge and adversity
- Share our collective experiences and expand our capacity to be with our own and our children's discomfort with grappling with the realities of racism
- Engage in practical, interactive exercises, discussion, and practices to build our capacities and skills in the realm of anti-racist parenting
- Build community and connection with one another to support our ongoing intention and practices as parents who want to raise our children to actively create a more racially equitable and just world

Rita Shimmin and Ro Horton, founders

510-235-3957 www.untraining.org info@untraining.org

THE DETAILS

This Focused UNtraining Phase 1 for white parents of children of color is being offered online via Zoom video conferencing. If our applicant pool is in the Bay Area, and depending on the Covid rates, we may decide to meet in person in the East Bay for some of our sessions.

The Participants come from a variety of communities, organizations, family structures, and lines of work. They are motivated by both personal and professional concerns, and a desire to work in a group setting. Maximum group size is 12 people.

Summer/Fall 2021 Phase 1 Session Dates: Seven Sundays.

12:30 pm-3:30pm Pacific Time: August 1st, and 12:30 pm-5:00 pm Pacific Time on **all** of the following: August 15th, September 12th, October 10th, October 24th, November 14th, and December 12th.

A commitment to attend all 7 meetings is necessary for the continuity of our deep work together.

Two additional sessions are highly recommended:

August 29th, 12:30-3:30 pm View and discuss the seminal film, *The Color of Fear*

September 26th, 12:30-3:30 pm Community-building through Storytelling

Facilitators: Mollie Crittenden and Rhonda Cervantes. Both are white parents of children of color. For more about them and about the UNtraining, go to <http://untraining.org/groups/wlr/teachers>.

Application Process: Download the application [HERE](#) or from the Events page of our website www.untraining.org. Upon receipt of your application, we will schedule a telephone interview to mutually determine if there is a good match between the UNtraining and your goals. **Deadline is June 14th. Please note: This group may fill up very quickly, so submit your application as soon as possible.**

Payment: It is our intention that all who are committed be able to participate. The total cost for the program is a sliding scale of \$2000 to \$1000. This range allows lower-income people to participate, while encouraging those who can afford more to support the work to the greatest degree they can. You place yourself on the sliding scale. Payment plans and other options can be arranged. Many participants use professional development funds from employers to cover all or part of their fee. Please let us know how we can support you. **Once your participation is confirmed, a nonrefundable deposit of 1/2 will secure your place in the group.**

For Questions: info@untraining.org or call (510) 235-3957

What Participants Say

"What is unique and inspiring about the UNtraining is that we work from the inside out. We look at what's going on inside of us and how that translates into our actions. We learn about our own privilege, conditioning, racism, etc. in order to change the world by accepting, loving and ultimately changing ourselves."

"The support and compassion that existed in the group, as modeled by the facilitators was amazing and freeing. I got an opportunity to begin a deeper journey into my relationship to white privilege and racism. I learned about the various ways I defend against my own racism and how relevant those defenses are in the rest of my life. I received conceptual tools as well as experiential techniques for feeling my emotional reactions to my privilege and my learned racism."