

# 2022 Anti - Oppression Workshop Schedule

Below please find a listing of upcoming anti-oppression workshops in 2022:

## 1. **Introductory training on implicit bias, microaggressions, and understanding of systemic racism and oppression.**

Defining critical terms, identifying why inclusion is important, defining implicit bias, describing how biases are developed and what influences them, identifying personal implicit biases, and identifying the value of disrupting them.

### Dates:

- Saturday, February 5 - 3:00 PM to 4:30 PM ET - [Register here](#)
- Thursday, February 24 - 12:00 PM to 1:30 PM ET - [Register here](#)
- Wednesday, March 9 - 11:00 AM to 12:30 PM ET - [Register here](#)
- Thursday, March 24 - 8:30 PM to 10:00 PM ET - [Register here](#)
- Saturday, April 9 - 10:30 AM to 12:00 PM ET - [Register here](#)
- Tuesday, April 26 - 11:00 AM to 12:30 PM ET - [Register here](#)
- Friday, May 13 - 12:00PM to 1:30 PM ET - [Register here](#)
- Wednesday, May 25 - 8:30 PM to 10:00 PM ET - [Register here](#)

*Note: Due to space limitations, we encourage you to register for a webinar session during spring 2022.*

## 2. **Building Capacity for Difficult Conversations**

Developing the skills to effectively communicate across differences in difficult moments. Understanding how communication gets stuck and why we avoid difficult conversations, building a framework and skills for constructive conversations, recognizing and responding to microaggressions, and building confidence and willingness to engage.

Dates: Coming late 2022

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### 3. Trauma-Informed Care

Understanding the mental, emotional, and physical cost of racism and oppression experienced by marginalized groups, including microaggressions, and prolonged stress responses. Gaining insights on the ways that trauma and poverty intersect and learning to use a trauma-informed approach in leading and interacting with your community.

Dates: *Coming late 2022*

### 4. Bystander Training

Learning effective skills for assessing, de-escalating, and diffusing harmful or inappropriate behavior.

Dates: *Coming late 2022*