

Building a Better Us: Standing at the Crossroads, 1 Year Later

- Here is a link to find your legislator: <https://app.leg.wa.gov/districtfinder>
- “Me and White Supremacy: Combat Racism, Change the World, and Become a Good Ancestor” by Layla Saad
- “So You Want to Talk About Race” by Ijeoma Oluo
- "Post Traumatic Slave Syndrome" by Joy Degruy
- "Why are all the black kids sitting together in the cafeteria" by Daniel Tatum
- The AAMFT blog have regular conversations about these very topics. Consider subscribing and following
- The Body Keeps The Score - Bessel van der Kolk
- Nice White Parents - podcast through NY Times Serial
- Facebook group: Neurodiversity Affirmative Therapists