

Community Care Resources

Kara Walker's works explores the themes of racial trauma, sexual violence, and enslavement—engaging with this exhibition may bring up painful and complex feelings, especially for those who have experienced trauma or are otherwise connected to the issues presented in Walker's art. In partnership with YWCA South Hampton Roads, here is a list of resources to offer additional context and support.

ORGANIZATIONS

Women Helping Women

Call or Text 24-Hour Hotline (513) 381-5610

YWCA South Hampton Roads

Call the 24/7 CCR Hotline (757) 251-0144

Safe on Main

24/7 Crisis Hotline (888) 860-4084

Virginia Sexual and Domestic Violence Action Alliance

Call (800) 838-8238

Text (804) 793-9999

The Nap Ministry

LISTENING

***Finding Our Way* podcast**, by Prentis Hemphil

***Collectively Speaking* podcast**, by Ujima

Grounding Exercise, by Mariah Shephard

VIEWING

How to Cope with Race-Related Stress and Trauma as a Person of Color, (University of Arkansas)

Dear Black Women, Let's talk about healing

by Angela Bowden at TEDxMSVUWomen

I May Destroy You

READING

YWCA South Hampton Roads Racial Equity and Social Transformation - R.E.S.T. GLOSSARY

YWCA South Hampton Roads Racial Justice TOOLKIT

Dangerous Intersections by INCITE!

My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies

by Resmaa Menakem

You Are Your Best Thing: Vulnerability, Shame Resilience, and the Black Experience

edited by Tarana Burke and Brené Brown

The Association of Black Psychologists produced a **26-page toolkit** outlining information about the effects of racism and race-based trauma on the body & mind. Self-care strategies are included here.

MENTAL HEALTH PROFESSIONALS

Black and African American Therapists in Virginia

Clinicians of Color

eliminating racism
empowering women
ywca
South Hampton Roads

