



Healing Justice Resources

(updated 2023)

Below are some resources should they serve you.
Thank you to everyone for sharing and crediting.

Healing Resources for the times: From Resilient Strategies, Training for Change, Generative Somatics & Movement 4 Black Lives

- ★ [Healing, Resilience and Power](#)
- ★ [M4BL Health Healing and Resistance](#)
- ★ Prentis Hemphill, gs teacher, recently offered [Street Somatics: Tips for Regulating Nervous Systems in Uprisings](#).
- ★ Earlier this year, Xochitl Bervera, gs teacher, led a [somatic shakedown practice on a gs webinar \(Somatics, Healing, and Social Justice in the time of coronavirus\)](#) - at 57:00 - 1:02:00.
- ★ In 2017, Alta Starr, gs teacher, led a [somatic centering on a gs webinar \(Somatics In the Time of Trump\)](#) - at 38:41-50:13.
- ★ Staci K. Haines, gs co-founder and teacher, and Alta Starr, gs teacher, led a [somatic blending practice on a gs webinar \(Somatics In the Time of Trump\)](#) - at 21:52-28:52 . The blending practice invites us to feel whatever emotions and reactions are present for us and honor and acknowledge them.
- ★ [Uprising Resources generated by Generative Somatics](#)
- ★ [Healing Resources for BIPOC Organizers & Allies Taking Action for Black Lives](#)

FOR THE STREETS

- ★ [M4BL's Resource on Safety and Infiltration \(pics above\)](#)
- ★ via Movement for Black Lives and [BlackOUT Collective](#)
- ★ [De-escalation and Nonviolent Security](#)
- ★ via Training for Change
- ★ [How to De-escalate](#)
- ★ via Training for Change

ANALYSIS & STRATEGY

- ★ [Mass Protest and the Momentum Model](#)
- ★ [Reformist reforms vs. abolitionist steps in policing](#) via [Critical Resistance](#)
- ★ [Learn how police union contracts make it difficult to hold officers accountable.](#) via the Police Union Contract Project
- ★ [How Protests are Changing National Politics](#) via *The Call*, part of Democratic Socialists of America. The Call is publishing first-hand reports from protests across the U.S. [here](#).
- ★ Verso and Haymarket Books are offering free ebooks, *The End of Policing* and *Who Do You Serve, Who Do You Protect?*


HEALING & RESILIENCE

- ★ [Sustaining Ourselves When Confronting Violence](#)
- ★ [Spiritual Herbalism for our Rage, Resistance, Righteousness, and Resilience \(for People of Color\)](#) via by @oceansandrivers

GRAPHICS FOR DOWNLOAD

- ★ <https://justseeds.org/graphics/> - have three care packages of images which are free for download as well as coloring images

PLANT MEDICINE

- ★ [Remedies: Plant Allies During the time of COVID-19 Recipes, References, & Resources](#)
- ★ [Recipes, Remedies, Resources for COVID Times](#)
- ★  [Herbal First Aid Aftercare.pdf](#)

SPIRITUALITY

- ★ [White Baths: fighting Anxiety, Depression and PTSD with African Traditional Medicine](#)
- ★ [Good books for spirituality seeking](#)
- ★ [Anxiety Reducing Yoga Practice with Aya from Haji](#)
- ★ [Body Tap 10 minute energy circulation](#)
- ★ [MOVEMENT FOR BLACK LIVES- HEALING, HEALTH, AND RESILIENCE DURING COVID-19](#)
- ★ [Liberate](#) - meditation by People Of Color

MENTAL HEALTH

- ★ [National Suicide Prevention Lifeline](#)
- ★ [Free Online Series: Towards Our New Reality- Join us to develop the essential emotional intelligence skills you need now and for what's ahead.](#)
- ★ [NN COVID-19 Stress, Distress & Trauma Series](#)
- ★ [NATIONAL QUEER AND TRANS THERAPISTS OF COLOR NETWORK](#)

IG pages to follow:

- ★ <https://www.instagram.com/girasoulll/?hl=en>
- ★ <https://www.instagram.com/ancestralapothecary/?hl=en>
- ★ <https://www.instagram.com/oaktownbrujita/?hl=en>
- ★ <https://www.instagram.com/rootsoflaborbc/?hl=en>
- ★ https://www.instagram.com/la_botanica_azul/?hl=en
- ★ <https://www.instagram.com/starnationreiki/?hl=en>
- ★ https://www.instagram.com/cv_healing_collective/?hl=en
- ★ <https://www.healingcliniccollective.net/2017-growth--collaboration.html>
- ★ <https://www.instagram.com/prentis.h/?hl=en>
- ★ <https://www.instagram.com/sacredhealingcollective/?hl=en>

Podcasts:

- ★ [Mi Jente - LA cura podcast](#) - has grounding meditations and short guided meditations centered around latinx communities
- ★ [A Little Juju podcast](#) - A Little Juju Podcast celebrates the rapidly growing return of black folk reclaiming their indigenous spiritual practices, while creating a space for us to laugh, question, and re-commit ourselves to liberation through the ancestral tools given to us. Because unlike f-bois, the ancestors always call us back.
- ★ [Finding our way](#) podcast by Prentis Hemphill
- ★ [Emergent Strategy Podcast](#) - Adrienne, Hope, Sage

Writings, Podcasts, and Videos

- [Survivor talks about loss and fear at residential school - an interview with Rose Miller](#)
- [No More Pipeline Blues \(On This Land Where We Belong\)](#) (Music Video) - Featuring Waubanewquay, Winona LaDuke, Day Sisters, Mumu Fresh, Pura Fe, Soni Moreno, Jennifer Kreisberg, Indigo Girls, Bonnie Raitt, and Joy Harjo
- [An Afro-Indigenous Approach to Agriculture and Food Security](#) by Leah Penniman
- [Secretary of Interior Deb Haaland delivers a keynote address at 20th Session of the UN Forum on Indigenous Issues](#)
- [Here's How Deb Haaland Wants to Address the Crisis of Violence Against Indigenous Women](#) by Piper McDaniel
- [Trans Agenda for Liberation](#) in Spanish and English
- [MAJOR!](#) - a documentary that explores the life and campaigns of Miss Major Griffin-Gracy, a formerly incarcerated Black transgender elder and activist who has been fighting for the rights of trans women of color for over 40 years
- [Two Spirits, One Heart: a Mother, Her Transgender Son, and Their Journey to Love and Acceptance](#) by Marsha Aizumi and Aiden Aizumi
- [Mariame Kaba wants us to imagine a future without prisons](#) by Char Adams and [Abolition is a Collective Vision: An Interview with Mariame Kaba](#) by Elias Rodriques
- [A Guide to Non-Police Mental Health Crisis Responses](#) - written by Mimi E. Kim, Megyung Chung, Shira Hassan, and Andrea J. Ritchie with contributions by many more - Visit [Interrupting Criminalization's website](#) which published this piece. Interrupting Criminalization: Research in Action is an initiative at the BCRW Social Justice Institute led by researchers Woods Ervin, Mariame Kaba, and Andrea J. Ritchie. The project aims to interrupt and end the growing criminalization and incarceration of women and LGBTQ people of color for criminalized acts related to public order, poverty, child welfare, drug use, survival and self-defense, including criminalization and incarceration of survivors of violence.
- [Serena Williams, Steph Curry Among Athletes Who Lend Support After Naomi Osaka Withdraws from French Open](#) by Jay Connor
- [Race, Gender, and Militarism: Pacific Islander Experiences](#) (Video) with Tavae Samuelu, Kerri Ann Borja, Jamaica Osorio, and Terisa Siagatonu
- [We speak about Asian Americans as a single block. Here's how incredibly complex they are](#) by Nicole Chavez and Priya Krishnakumar
- Resharing this article relevant to these times: [API Mental Health: Let's Stop Talking Taboos and Start Talking Racism](#) by Jen Soriano
- [Japanese American Activists Support Black Reparations to Heal Wounds Past and Present](#) and this video shared by Yuri Miyagawa of [ancestor Congressman Ron Dellums sharing personal testimony to make the case for reparations for Japanese Americans](#) in the 1980s

- [The Women Who Preserved the Story of the Tulsa Massacre](#) by Victor Luckerson, telling the story of Mary E. Jones Parrish and Eddie Fay Gates
- Resources at [Teach Palestine](#) including the short documentary film [My Neighbourhood](#) telling a story of organizing in Sheikh Jarrah
- [Is Your Staff Crumbling in 2021? With Fraying, We Must Be Braiding](#) by Kelly Bates
- [How to Be an Antiracist Supervisor: Start with Changing What You Call Yourself](#) by Kim-Monique Johnson
- [Parenting for Liberation Podcast](#) with Trina Greene Brown, author of [Parenting for Liberation: a Guide for Raising Black Children](#)
- [Real Native Roots: Untold Stories Podcast](#) with Vickie K. Oldman
- [Boundaried in Love with Prentis Hemphill](#) on The Emergent Strategy Podcast
- [Misogynoir Transformed: Black Women's Digital Resistance](#) by Moya Bailey
- [Men and Masculine Folks Network Kitchen Table Conversations](#) (Videos)
- [Undrowned: Black Feminist Lessons from Marine Mammals - A Talk by Alexis Gumbs](#) (Video)

WOMB HEALTH

- ★ <https://soundcloud.com/indigemama/let-me-go>
- ★ [Womb clearing massage](#)
- ★ [Tying Your Faja at Home](#)
- ★ [Womb Massage Heals Generational Trauma](#)
- ★ [Womb Massage for C-Section Scar](#)
- ★ [Castor Packs for Your Womb](#)

Offerings:

- [Healing Justice Session : Self Care & Collective care for staff and members - LMFT](#)
[Marsha Hawkins](#)
- [Loving on our boundaries Pt. 1](#)
- [Loving on our boundaries PT 2](#)