



national day of healing from racism

“Rest & Play: A Joyful Path to Healing from Racism”

Tuesday, Jan. 16, 2024

10 AM - 6 PM





agenda

Time	Event	Location
8:30 A.M.	Registration Table Open	Student Center Ballroom
9-9:45 A.M.	Opening Yoga – Optional Event George Rahme from Iyengar Yoga Detroit Collective	285 Student Center
9:45 A.M.	Doors Open <ul style="list-style-type: none"> Coffee, tea, and water available 	Student Center Ballroom
10 A.M.	Welcome, Land Acknowledgement, and Grounding Rhiannon Chester-Bey	
10:05 A.M. - 10:10 A.M.	Welcome from President Kimberly Andrews Espy	
10:10-10:25 A.M.	Welcome & Address Dr. Donyale Padgett, Interim Associate Provost, Diversity and Inclusion / Chief Diversity Officer	
10:30-11:45 A.M.	Fishbowl Description: The fishbowl seeks to be a part of our collective healing from racism, and we are centering the roles that play and rest may have in healing.	
11:45-12:30 P.M.	Lunch Break	
12:30-1:30 P.M.	Lunch Time—Choose 1 <i>Self Selected Breakout Rooms</i> - Movement Healing: Movement as Medicine Location: Hilberry A Facilitated by: Kandice Moss, Moss Therapy & Wellness Description: You will be guided to participate in a “Movement as Medicine” experience with Board Certified dance movement therapist, Kandice Moss. The space will Empower you to release what no longer serves you that has found shelter in your body. The space will Welcome what makes you whole. The space will Encourage one to Explore the possibilities of the future in the now. Practical techniques will be provided to support individuals in their day-to-day lives. After the guided movement portion, participants will be invited to share what they experienced. All physical abilities are welcomed and will be accommodated. CAPACITY: 20 Art Therapy: Tissue Paper Collaging Location: Hilberry B	Various Locations

	<p>Facilitated by: Art Therapists in Training Veronique Eason (she/her) and Cynthia Bourgeau-Kherkher (she/her)</p> <p>Description: A Tissue Paper Collage is an expressive image that allows individuals to find their own inner wisdom by rediscovering their creativity and joy in the process. When used as an art medium, Tissue Paper offers a freedom of expression that the individual is not in control of: images arising from tissue paper collages are somatic representations of inner states of being. Additionally, the act of tearing and pasting pieces together to look like stained glass can be a meditative practice. This art activity aims to inspire wholeness, integration, and a sense of play. So, come allow yourself to be playful and open to what unfolds!</p> <p>Benefits: Increases relaxation and improves problem-solving skills.</p> <p>CAPACITY: 30</p> <p>Music Healing: You Become What You Deserve Location: Hilberry C Facilitated by: Chace "Mic Write" Morris</p> <p>Description: Nothing is arbitrary. Everything is language, is message. Even that song that inexplicably keeps popping up in your mind, hummed or sang aloud before you even know it's happening. Whether it be our jam, a joint we hate, or a song we don't even remember hearing--</p> <p><i>What if it's trying to tell you something vital about your freedom?</i></p> <p>Join Chace Morris in an exercise of play and intuition, as we learn about Sonic Quilt Coding---a practice developed by Chace and his partner Sherina Rodriguez (The TETRA). This session teaches how to harness songs not just as entertainment, but as portals, as signposts en route to liberation. We will break outdated contracts with Oppression and write new liberatory paths, using the music that moves us deepest.</p> <p>CAPACITY: 20</p>	
1:30-1:45 P.M.	Break	
1:45-3:15 P.M.	<p>Afternoon Session: Guided Ancestor Work for Rest & Renewal Facilitated By: Sherina Rodriguez Sharpe</p> <p>Description: In this 90-minute workshop, we will connect with our ancestral line in order to shake off ghosts of oppression and claim deeper levels of power. Through this ritual, we will explore rest as a spiritual technology. Rest is our connection to our inner guidance and the ancestral gifts and power that we've inherited. Through guided work, we'll ignite our individual power and quilt that power to a collective reckoning. We'll transform energetic leaks and step into a new level of</p>	Student Center Ballroom

	<p>strength and joy.</p> <p>Please wear comfy clothes. Feel free to bring a blanket or yoga mat to lay on. The more relaxed we get, the more power we will access.</p>	
3:15-3:30 P.M.	Break	
3:30– 4:30 P.M.	<p>Yarënda’ Nde Yahchrondiak Performance Facilitated by: Yarënda’ Nde Yahchrondiak</p> <p>Description: In this hour-long session, multidisiplinary artist, Yarënda’ Nde Yahchrondiak , weaves together the beauty of storytelling, music and song, and healing circles to explore the context of healing from racism. Yarënda’ will guide us through discussion around healing from historical trauma and racism while honoring the Native and Indigenous ancestry. Yarënda’ Nde Yahchrondiak will perform the Wendat/Wyandotte Healing song,</p> <p>A Wendat Traditional Story and the Spirit Bear Anishinaabe song honoring her own tribe and that of the land on which we stand. This session will also conclude with Prayer with cedar which is a traditional sacred herb.</p>	Student Center Ballroom
4:30– 4:45 P.M.	Break	
4:45-5:45 P.M.	Buffet Dinner & Discussion	Student Center Ballroom
5:45-5:55 P.M.	Closing remarks & 2025 Save the Date	Student Center Ballroom

assessment

Please take a moment to complete our [assessment](#). Your feedback will be used to help us improve our event for next year.





stay connected



wi-fi

WSU-PUBLIC is a Wi-Fi network designed for Wayne State University guests and visitors. WSU-PUBLIC is available anywhere Wi-Fi is available on WSU campus and does not require login credentials to access.



relaxation room

If you want to take a moment to yourself for meditation, movement, and/or play, feel free to go to the relaxation room in 285 of the Student Center.



join the conversation on twitter/x!

Use [#HowWeHeal](#) + tag [@Detroit_Equity](#)

land acknowledgement

Wayne State University rests on Waawiyataanong, also referred to as Detroit, the ancestral and contemporary homeland of the Three Fires Confederacy. These sovereign lands were granted by the Ojibwe, Odawa, Potawatomi, and Wyandot nations, in 1807, through the Treaty of Detroit. Wayne State University affirms Indigenous sovereignty and honors all tribes with a connection to Detroit. With our Native neighbors, WSU can advance educational equity and promote a better future for the earth and all people.

recordings

This event **will NOT** be recorded to allow for open and honest dialogue. We ask that you please do not use any recording devices during the sessions.

lactation support rooms

Wayne State University recognizes the importance of supporting individuals who are nursing by providing space for faculty, staff, students, and WSU guests to breastfeed and/or express milk. Private and clean areas with outlets have been designated on campus as "Lactation Support Rooms".

Should you need this resource, room 344 of the Student Center has been dedicated as a "Lactation Support Room." Door is lockable from the inside and the room is equipped with a chair, side table, sink, and changing table.



WSU emotional support resources

services for students

Counseling and Psychological Services (CAPS)

5221 Gullen Mall, Room 552 Student Center Building, Detroit, Michigan 48202

Phone: (313) 577-3398 | After Hours: 313-577-9982

Counseling and Psychological Services (CAPS) provides free and confidential mental health assessment, counseling, case management, and referrals to currently registered Wayne State students, along with consultation and outreach to the Wayne State University community. CAPS also offers *telemental health* services to currently registered WSU students using the Microsoft Teams app. *To work remotely with a CAPS counselor, just download the Teams app to a computer and/or smartphone and then call (313) 577-3398.* They are available Monday through Friday from 8:30 am to 4:00 pm to provide you with an Initial Consultation.

<https://caps.wayne.edu/>

Wayne State Psychology Clinic

60 Farnsworth, Detroit, MI 48202

313-577-2840

Provides outpatient adult psychological services. Staffed by psychologists and psychology trainees.

<http://www.clas.wayne.edu/psychclinic/>

College of Education Counseling & Testing Center

College of Education Building, Room 306

313-577-1681

Provides outpatient counseling for children and adults. Staffed by master's-level counseling students.

<https://education.wayne.edu/counseling-clinic>

Campus Health Center

5285 Anthony Wayne Drive, Suite 115

Detroit, MI 48202

313-577-5041

Fax: 313-577-9581

<https://health.wayne.edu/>

services for faculty and staff

Ulliance Employee Assistance Program

Benefits-eligible employees have free, confidential access to Ulliance's Employee Assistance Program (EAP), 24 hours a day, 365 days a year, by simply calling 1-800-448-8326. To access the EAP online, go to lifeadvisoreap.com/memberlogin.aspx.

free or low-cost mental health community care

Community Health Centers:

Many community health centers offer mental health care services. Community health centers care for you even if you have no health insurance. You pay what you can afford based on your income. [Find a community health center near you. Find more information on community health centers here.](#)

Free Clinics:

Some free clinics offer free mental health care. Free clinics use volunteer health care providers to give free or low-cost care to people without insurance. [Find more information on free clinics here.](#)



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Thank you for participating in this year's National Day of Healing from Racism. We hope to see you again next year!

Jan. 21, 2025

