



The Center for Alternative Dispute Resolution  
7315 Hanover Parkway, Suite C · Greenbelt, MD 20770  
FOR MAIL: PO Box 4744 · Crofton, MD 21114

## Understanding Racial Trauma to Manage Racial Stress

**October 1, 2019**  
**(9:00 a.m. to 4:30 p.m.)**

Race and racism were established through violence and fear. The scars left by this violence are still with us today in the form of micro and macro aggressions. The stress caused by racism lives in our bodies and may be affecting your work relations. Regardless of skin color, race stress is real and it may be undermining your Diversity and Inclusion efforts.

In this seminar, we will explore:

- What is racial trauma?
- Explore how racial trauma was institutionalized.
- How it's passed on from one generation to another.
- How racial trauma affects us today.
- Techniques for handling stress.
- Creating peace in a toxic environment.

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In order to reserve your space, a \$100 (non-refundable) deposit or the full registration fee is required. Please make your check payable to *Center for ADR* and mail to the Center for Alternative Dispute Resolution, Post Office Box 4744, Crofton, MD 21114, by **September 17, 2019**. The training will be held at the Center for ADR, 7315 Hanover Parkway, Suite C, Greenbelt, MD 20770. Limited

Name: \_\_\_\_\_

Organization: \_\_\_\_\_

Street Address/P.O. Box: \_\_\_\_\_

City/State/ Zip Code: \_\_\_\_\_

Telephone Number: \_\_\_\_\_ Cell Number: \_\_\_\_\_ Fax Number: \_\_\_\_\_

Home Number: \_\_\_\_\_ Email: \_\_\_\_\_

\$300 (early registration by September 17, 2019)

\$390 (late registration after September 17, 2019)

**TOTAL AMOUNT ENCLOSED \$** \_\_\_\_\_

Check (payable to the Center for ADR)

Credit Card:  Visa  MasterCard  Discover Credit Card #: \_\_\_\_\_

Name on card: \_\_\_\_\_ Expiration date: \_\_\_\_\_ Security #: \_\_\_\_\_

Billing Address, Street, City & Zip: \_\_\_\_\_

Signature: \_\_\_\_\_

**Cancellation Policy:** We require written notice of all course registration cancellations no later than **September 17, 2019**. Registrants who do not attend and have not cancelled by the cancellation date are liable for the entire course fee.

**Questions:** Call the Center for ADR at (301) 313-0800.