



Confronting the Uncomfortable: *A Series on Anti-Oppression and Anti-Racism*

Join Leduc County Family and Community Support Services (FCSS) for this virtual series tackling the topics of anti-oppression and anti-racism. These sessions are a part of a series – you'll register for the whole series but feel free to attend one or both. These introductory sessions are open to adults and professionals.

Session one: Fundamentals in Anti-Oppression (Thursday, Sept. 7, 2023)

Join us for an important conversation about the history of oppression in Canada and how it is connected to biases, prejudices and discrimination. We will discuss how this history continues to affect us locally, and discuss where we can see biases, prejudice and discrimination impacting our community today.

Session two: Anti-Racism: Learning to Confront the Uncomfortable (Thursday, Sept. 21, 2023)

This session will help us better understand racism by examining its foundation and challenging common misunderstandings. It's a chance for us to reflect on what we know and what we think we know, using a critical social justice framework. Building an anti-racist society begins within ourselves and is an on-going journey of unlearning, bravery, and empathy. We hope participants will leave this session feeling more comfortable with the uncomfortable and have a clearer understanding of terms and ideas that are commonly used in conversations about race and racism.

This series is presented by Leduc County Family and Community Support Services (FCSS) in partnership with the John Humphrey Centre for Peace and Human Rights (JHC). JHC develops and delivers education and training to support communities, organizations, and individuals to embed human rights, build equity and address discrimination.

- ▶ **Dates:** Thursdays, Sept. 7 and 21
- ▶ **Time:** noon to 1 p.m.
- ▶ **Location:** online via Zoom
- ▶ **Technology needed:** internet access by computer, laptop, tablet or smartphone.
- ▶ **Register:** online at www.leduc-county.com/confronting-the-uncomfortable or contact Kristin at **780-955-6421** or kristin@leduc-county.com.
- ▶ **Spaces available:** minimum of 10 registrants; maximum of 50

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for **PEACE** and **HUMAN RIGHTS**

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