

Upcoming

Workshops

for partner agencies



eliminating racism
empowering women

ywca

Central Maine

United
Way



United Way of
Androscoggin County

1

90 min.

Implicit Bias

Consciously or not, all of us carry biases. Learn more about the science behind how our minds operate & how our biases impact others. We will also discuss strategies to becoming more mindful of our biases.

2

90 min.

Microaggressions

Microaggressions may often be committed unintentionally, but can be psychologically harmful to others. Explore, share, and unpack microaggressions through real-life examples and personal storytelling. Practice identifying intent vs. impact and learn ways to prevent harming others.

3

90 min.

Identity

How do our identities impact the way we interact with the world--and the world interacts with us? We'll work together to define and reflect on our social and cultural identities, examining how social structures were built to benefit certain identity groups.

About the Series

This three-part series, free for non-profit partners through UWAC, is YWCA Central Maine's flagship "101" diversity, equity, inclusion, justice, & belonging curriculum. The foundational series will allow teams to have the same core knowledge and vocabulary to continue their work and build real DEI&I capacity. Since 2019, over 2,000 people have worked with YWCA Central Maine to meet their DEI&I needs. **We're not new to this, we're true to this.**

For more information and to register:

www.ywcamaine.org