

# Resources

History and Contexts	
<b><u>History of Racism and Immigration Timeline</u></b>	Teaching for Diversity and Social Justice
<b><u>The Origin of Race in the USA</u></b>	PBS
<b><u>A Different Mirror: A History of Multicultural America</u></b>	Ronald Takaki
<b><u>The House We Live In</u></b>	PBS
Inequity and Housing	
<b><u>The Legacy of Redlining in the San Francisco Bay Area</u></b>	Urban Displacement Project
<b><u>Racial Inequalities in Homelessness, by the Numbers</u></b>	National Alliance to End Homelessness
<b><u>50 years after the Kerner Commission</u></b>	Economic Policy Institute
<b><u>Housing and Homelessness in the Transgender Community</u></b>	National Center for Transgender Equality
Mindfulness & Somatics	
<b><u>Embodied Social Justice, Somatic Research Methods, and the Kinaesthetic Imagination</u></b>	Rae Johnson, PhD, RSW, RSMT
<b><u>Generative Somatics</u></b>	Somatic Transformation & Social Justice
<b><u>Mindfulness and Racial Bias: Resources For Deeper Understanding</u></b>	Mind and Life Institute
<b><u>When Mindfulness and Racism Intersect</u></b>	Barry Boyce
<b><u>My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies</u></b>	Resmaa Menakem