

We believe that everyone deserves to live a life free from violence.

George Floyd. Breonna Taylor. Ahmaud Arbery. Quanicé Hayes. Tony McDade. David McAtee. So many names, too many names. We must say them all. And we can't stop there. We must demand and fight for justice for every life lost – every person harmed – by white supremacy, institutional racism, and police brutality.

How can we work to keep people safe in their homes when they aren't also safe in their communities?

Interpersonal and structural violence are inexorably linked. As an agency, we've spent decades responding to and working to prevent domestic violence – helping survivors and their families escape control and abuse to build lives centered in freedom, empowerment, and hope.

Our mission is to build a future without violence, where oppression in any form is not tolerated. **As an organization, and as a community, we cannot fight one form of violence and not others.**

We cannot ignore that for too many Black and Brown survivors, reaching out for help – from police, from institutions, even from their neighbors – puts them in harm's way.

We cannot work to prevent domestic and sexual violence without also addressing the dangerous impacts of systemic violence and white supremacy.

We stand in solidarity with Black communities and survivors of color everywhere. We are committed to the long-term, strategic, hard work to come – within Raphael House, locally, and nationwide. Following the leadership of so many incredible individuals and organizations who daily pursue racial justice, we continue to commit our resources, time, and energy in further support of this critical, life-saving work.

As always, despite trauma and pain, we are guided by hope for transformational change and a brighter future for everyone. **We see the cycle of violence end on an individual level every day, and believe that this is possible on a systemic level.** But to do so means we all must go beyond words and take action – not only this week, but every day.

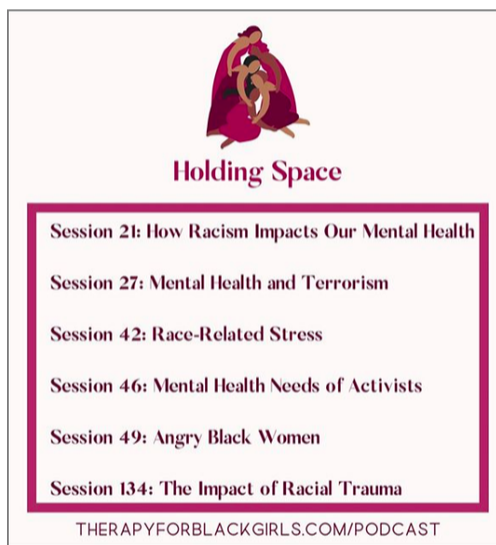
In solidarity,

The Raphael House of Portland community

Below are some resources that we have found helpful, as we all strive to learn, grow, heal, and act. Please read and share. Please reach out to us with your own favorites, so that we can share with our community. And for those with privilege, please join us in using your voice and resources to help enact meaningful and lasting change.

Supportive resources for communities of color

- **Therapy For Black Girls Podcast**
- **Black Emotional and Mental Health Collective:** tool kits and resources
- **Healing in the Face of Cultural Trauma:** family-care, community-care and self-care tool kit
- **Black Lives Matter Meditation for Healing Racial Trauma**
- **Liberate:** meditation app for and by the Black, Indigenous, and People of Color community



Anti-racist and allyship learning tools



- **8 Ways to Fight Racism**
- **Resource list:** reading, educational resources, and tools for white people's necessary work around racial justice
- **Racial justice tools** and **online training** via Race Forward
- **White Fragility** by Robin DiAngelo
- **So You Want To Talk About Race** by Ijeoma Oluo
- **Anti-racism resources** from FightForBreonna.org
- **Showing Up for Racial Justice:** how we see, speak, and disrupt racial inequity facing survivors of domestic and sexual violence.
- **EmbraceRace:** tools for raising and guiding children who are inclusive, informed and brave when it comes to race

Support and get involved locally

- **Ways You Can Help** via Black Lives Matter
- **Organizations** working on racial justice issues in Oregon
- **Coalition of Communities of Color** member directory
- **"How to help in Portland"**
- **"How you can make a difference"**



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