

Excerpt from Godsend Psychological Services eNewsletter
February 2015

Improving Race Relations in the USA

Here are some ideas to foster better race relations in your community.

1) Let compassion and reason prevail over prejudice. Let your conversations and interactions be guided by respect and kindness.

2) Work side by side with others of a different race to build your community (example, helping the homeless, clean up a local park).

3) Pray for racial harmony.

4) Attend a workshop on race relations and racial identity.

Contact Dr. Boatswain on having this effective workshop at your place of work, school, or house of worship

Source: www.africanamericanhistorymonth.gov

Note: Information provided in this eNewsletter is designed to support, not replace the recommendation of your medical doctor or mental health provider.

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