

Resources and Action Items

Supporting George Floyd's Family

[A GoFundMe page set up by his family.](#)

Local Protest Support/Donations

[Donate supplies to medics stationed at Holy Trinity Lutheran Church](#)

- NOTE: Trinity Church is full of everything except batteries, flashlights, and water bottles/big jugs of water. Donations can be re-routed to the homeless encampment along Hiawatha.

[Lake Street small business clean up event](#)

Fighting for a More Just Twin Cities

[Contact info and petition links for local officials to express your concerns.](#)

Social Justice Organizations with Local Roots/Chapters

[Black Lives Matter](#)

[Color of Change](#)

[No White Saviors](#)

[Survivors Lead](#)

[Black Visions Collective](#)

Anti-Racist Education Links

[An impressive compendium of resources for adults and families.](#)

[Anti-Racist Donation Ideas](#)

Talking to Kids About Race/Racism

[Black Lives Matter at School](#)

[How to Talk About Race Parent Toolkit](#)

[Ten Tips for Talking About Race with Your Kids](#)

Children's book: [Something Happened in our Town](#)

MPS Resources

[MPS Mental Health Support Resources](#)

The Minneapolis Public Schools Counseling department is offering a space for students to come together to unpack, discuss, or just simply be in the space with other students. This Google Meets will be facilitated by MPS Counselors to ensure a safe and supporting dialogue.

Thursday, May 28th:

Middle School Meeting: 11am-12pm

Open Space for all students: Google Meet Nickname: Healing1
Open Space Specifically for Students of Color: Healing2
High School Meeting: 1-2pm
Open Space for all students: Google Meet Nickname: Healing1
Open Space Specifically for Students of Color: Healing2

More Resources for Supporting Students

7 Ways to calm a Young Brain in Trauma, Edutopia

<https://www.edutopia.org/article/7-ways-calm-young-brain-trauma-lori-desautels>

Minnesota Association for Children's Mental Health: Discussing Traumatic Events with Youth.

<http://www.macmh.org/2017/10/resources-for-navigating-conversations-with-young-people-about-traumatic-events/>

National PTA: discussing difficult topics with your children:

<https://www.pta.org/home/family-resources/health/Emotional-Health/Discussing-Difficult-Situations-With-Your-Children>

MPS Caring Corner: This site contains a collection of mindfulness and self-care resources including guided meditations, breath and movements activities as well as ideas for caring for others. The link below is publicly available to all.

<https://sites.google.com/view/mpscaringcorner/home>

Resources to Consider

<https://education.mn.gov/MDE/dse/safe/bprev/MDE071470>

<https://www.tolerance.org/moment/racism-and-police-violence>

<https://www.childwelfare.gov/topics/responding/trauma/caregivers/>

<https://childmind.org/our-impact/trauma-response/guides/>

<https://www.nctsn.org/resources>

<https://www.colorincolorado.org/article/15-tips-talking-children-about-school-violence>

<https://www.today.com/parents/how-talk-children-about-shootings-age-age-guide-t59626>

<https://www.mncompass.org/disparities/resource-directory>

<https://educationnorthwest.org/sites/default/files/resources/educating-traumatized-chi>