

# Friends Center for Children



Dear Families,

We hope that this letter finds you healthy, safe and strong.

We hope that you feel empowered, seen and heard.

We hope that when you leave your front door each day, you walk confidently into the world, feeling valued and loved.

We hope that your days are filled with light and love, and that if it is not coming from anywhere else, you can feel it coming from us.

Yours in hope,

The FCfC Team



New Videos Up on The [FCfC YouTube Channel Here!](#)



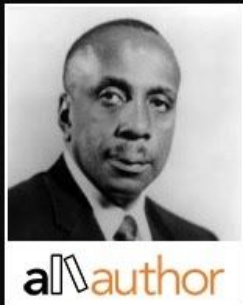
[12-year-old uses voice to share powerful message on racism](#)

[How to Explain Racism to Kids](#)

[Abby Cadabby Shares a Personal Story](#)

A Note from EWBC:

# *Community*



Community cannot long feed on itself, it can only flourish with the coming of others from beyond: their unknown and undiscovered sisters and brothers.

-Howard Thurman

*We're all in this together.*

*There is tremendous potential in the power of early childhood education, potential for the child, the family, the educator and the entire community. At Friends Center, we build community participation and partnership to promote and advance high-quality early childhood education and its potential to transform lives and communities. - [FCfC](#)*

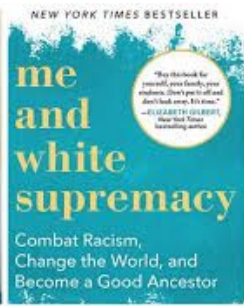
## Awareness/Advocacy

Resources For Non-Black Folks to Self Educate & Practice Direct Action:  
A Working List provided by MBooth's Diversity and Inclusion Committee

[Find Them Here](#)

Some additional titles to consider checking out are:

- Me and White Supremacy: Combat Racism, Change the World, and Become a Good Ancestor by Layla Saad
- This Book Is Anti-Racist: 20 Lessons on How to Wake Up, Take Action, and Do The Work by Tiffany Jewell and Aurelia Durand



[Books & Tips for Talking With Children About Race](#)

[Condoleezza Rice discusses race on "Face the Nation," June 7, 2020](#)

[East Grand Avenue Bridge Rehabilitation Project Update](#)



## Mindfulness Moment

Mindfulness doesn't mean not experiencing anger. It means seeing that emotion clearly. Headspace is a community of all races, and we stand with our members against racism and injustice.

#blacklivesmatter

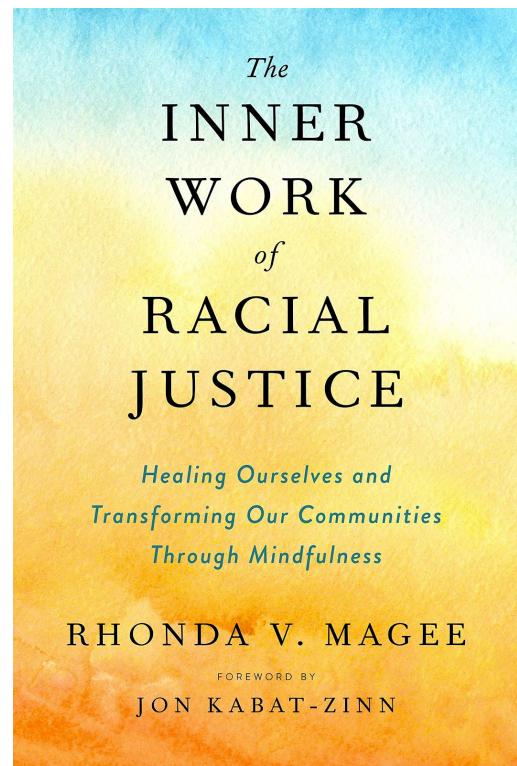
Black lives matter.  
Black mental health has to matter too.

### Black Lives Matter. Black Mental Health Has to Matter Too.



### The Inner Work of Racial Justice | Rhonda Magee

### A Mindful Approach to Race and Social Justice | Rhonda Magee, Jon Kabat-Zinn, Anderson Cooper



**Rhonda Magee, JD**, is Professor of Law at the University of San Francisco. She is also Chair of the Board of the Center for Contemplative Mind in Society, a member of the Project for the Integration of Spirituality, Law and Politics, and a contributor to Mindful.org.