











Events



Upcoming Events **Past Events**

-  **Digital Dinner Party**
November 21, 2020 at 7:00pm — 9:00pm
-  **Digital Dinner Party**
October 17, 2020 at 7:00pm — 9:00pm
-  **Digital Dinner Party**
September 19, 2020 at 7:00pm — 9:00pm
-  **Black Community Conversations...**
June 20, 2020 at 5:00pm — 7:00pm
-  **BIPOC Community | Grief Circles**
June 6, 2020 at 5:00pm — 7:00pm
-  **Virtual Community Conversation**
May 16, 2020 at 5:30pm — 6:30pm
-  **Everyday Inclusion | Virtual DEI S...**
May 13, 2020 at 12:00pm — 1:30pm
-  **Ask Michaela Anything**
April 22, 2020 at 6:00pm — 7:00pm
-  **Culture Crush**
March 19, 2020 at 6:00pm — 9:00pm
-  **Black Her Stories**
February 20, 2020 at 6:00pm — 9:00pm

← BACK TO ALL EVENTS

Digital Dinner Party

Saturday, November 21, 2020
7:00 PM – 9:00 PM

Zoom
(map)

The question is not if we should talk about racism, but how we should talk about it. Communication is the key to mutual understanding, so let's get start a dialogue. What does anti-racism mean to you?

Whether you're cooking at home or grabbing some takeout, come hungry for some human connection. Hop on Zoom and participate in a meaningful dialogue about developing an anti-racist practice.

Life indoors doesn't have to be boring. While there might be a physical distance between us, now is great time to step out of your comfort zone and into a human-centered conversation.

Agenda:

- Introductions + Intentions
- Ground Rules for tough conversations
- Anti-Racism as a practice
- Q&A
- Commitments & Accountability
- Closing Gratitudes

Grab your ticket [here.](#)

Digital Dinner Party

 Recurring event

Basic Info

Schedule

Details

4 Online Event Page

Tickets

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Main Event Image

This is the first image attendees will see at the top of your listing. Use a high quality image: 2160x1080px (2:1 ratio). [Learn more](#)



Description

Add more details to your event like your schedule, sponsors, or



NOURISH PRESENTS

DESIGNING FOR SOCIAL CHANGE

Exploring equity
through the practice of
Liberatory Design
Thinking

NOVEMBER 19, 2020
2:00 - 4:00 PM (PST)

join the conversation!

F E A T U R I N G



Ashley Glover
UX Designer



Khaleen Morehead
UX Designer



Julie Talosig
UX Designer

CULTURE
CLUB

VIRTUAL GRIEF CIRCLES

BIPOC COMMUNITY CONVERSATION

JUNE 6 | 5:00 - 7:00 PST



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NOURISH

PODCAST RECOMMENDATION



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Seattle, Washington



nourish____ It was hard and we did it. We made it to the end of the week. I don't know about you but this week was full of feelings. While we're used to saying that everything is "fine" or that we're doing "ok", everyone is battling something right now. In this time of increased complexity, it is easy to bottle up emotions or push down difficult feelings. For those folks looking for tools to manage emotions, check out the Curious Minds podcast on emotional agility.

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Emotional agility is the ability to navigate the thoughts, feelings, and narratives that we tell ourselves when challenges arise. Psychologist Susan David discusses how to control the inner monologues that run through our



erikmolano 和 其他用户 赞了

11月14日