

JLC's Juneteenth Event Transcript

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00:00:11.429 --> 00:00:18.840

Vanessa Perocier: To get started i'm just going to go over a little bit of what we're going to do today and i'm so happy you're here for juneteenth event.

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00:00:20.550 --> 00:00:28.890

Vanessa Perocier: So first we're going to start off with a little bit of history of June teen what it is that it represents i'm hoping that we'll have a little sliver of information of what it is already but.

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00:00:29.400 --> 00:00:34.680

Vanessa Perocier: Today, hopefully, you can walk away with a little more sliver of information on what it is what it represents and.

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00:00:35.070 --> 00:00:45.810

Vanessa Perocier: The term juneteenth what it is short for it's actually short for June 19 and it also goes by many other names such as emancipation day Liberation Day.

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00:00:46.170 --> 00:00:59.760

Vanessa Perocier: Freedom they Jubilee day and so many other days and it's just the tradition that the African American Community one of the longest standing tradition has celebrated every year in representation of freedom from enslavement.

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00:01:00.510 --> 00:01:11.760

Vanessa Perocier: So i'm going to go over I have a quick three minute and 24 second video that i'm going to share with us all, and also, I want to acknowledge that.

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00:01:12.390 --> 00:01:21.090

Vanessa Perocier: juneteenth is also now a federal holiday so yay that is wonderful, some of you are probably in the comfort of your own homes.

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00:01:21.810 --> 00:01:27.390

Vanessa Perocier: In observance of June teams, I know antioch is going to observe it on July 2 and next year.

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00:01:28.020 --> 00:01:36.600

Vanessa Perocier: On the 20th of June and so that's exciting so did not want to go without acknowledging that it is now a holiday, which is something that.

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00:01:37.020 --> 00:01:40.710

Vanessa Perocier: The African American Community has been pushing for for years for decades.

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00:01:41.580 --> 00:01:53.220

Vanessa Perocier: So we'll start off with a history video and there after i'm going to introduce our three speakers, you probably saw their bios in the email that I sent or the jail, he sent out justice leadership Council.

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00:01:53.700 --> 00:02:05.100

Vanessa Perocier: i'm going to go ahead and refresh your memory introduce them and they have a dynamic presentation for us today, which i'm so excited for it and, after that, if you have any of your own acknowledgments questions.

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00:02:06.000 --> 00:02:10.170

Vanessa Perocier: If you have an answer to a question if there's anything on your heart on your mind.

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00:02:10.800 --> 00:02:17.520

Vanessa Perocier: Any excitement any nervousness anything that you would like to just speak on we have carved out a few minutes at the end of the presentations.

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00:02:18.270 --> 00:02:31.650

Vanessa Perocier: The last 15 minutes or so today's event just for you to so open up and speak about it, we wanted to allow that space for anyone to say whatever it is they feel like they would like to say how does that sound.

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00:02:33.510 --> 00:02:41.310

Vanessa Perocier: cool alright so let's go ahead and start with a little presentation on the history of June team.

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00:02:52.260 --> 00:02:52.980

Vanessa Perocier: Sound okay.

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00:02:55.260 --> 00:02:55.950

Vanessa Perocier: No sound.

21

00:03:01.980 --> 00:03:04.260

Vanessa Perocier: African American studies at georgetown university.

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00:03:04.710 --> 00:03:12.540

Vanessa Perocier: i'm a historian of African American life and culture juneteenth is a commemoration holiday of June 19 1865.

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00:03:12.780 --> 00:03:23.070

Vanessa Perocier: When a group of African Americans in galveston Texas received the news that they indeed were free President Lincoln had signed the demands a patient proclamation and 1863.

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00:03:23.340 --> 00:03:37.290

Vanessa Perocier: But news of the end of slavery in Texas had not traveled to this car until 1860 cents, then June team has been a day of commemoration of the struggle against slavery and a celebration of freedom.

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00:03:42.990 --> 00:03:55.920

One of the biggest misconceptions about juneteenth is that people often think that was the day that slavery ended in the United States, but in fact the 13th amendment which abolish slavery in the United States was passed in the Senate.

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00:03:57.090 --> 00:04:00.750

1864 and the House on January 31.

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00:04:02.220 --> 00:04:11.820

Although celebrates the knowledge that the slavery ended it's important to remember that the conditions that mirrored slavery brother was.

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00:04:12.210 --> 00:04:27.570

Pro or the suppression of something right we're continuing struggles to fight racism those continued long after the end of slavery, and so the juneteenth holiday reminds us of where we've caught and it also inspires us to think about the places we want to go.

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00:04:32.880 --> 00:04:42.360

As African Americans left the South to pursue opportunities throughout the 20th century and northern and Western cities, the celebration of June to.

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00:04:43.050 --> 00:04:51.120

move from being a Texas face celebration to a national park in which people gathered with families and friends and community.

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00:04:51.420 --> 00:05:02.640

to remember the incredible struggle of a people against slavery and to create new traditions that allow them to reflect about the struggle for civil rights and the ongoing struggle against racism.

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00:05:08.100 --> 00:05:09.720

Although slavery was abolished.

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00:05:11.340 --> 00:05:21.420

The fight for civil rights has continued to the present day, so Juneteenth provides people with a sense of encouragement and inspiration to continue to fight.

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00:05:21.750 --> 00:05:40.110

on behalf of their community and their families for freedom, and it also is a holiday that as it continues to become more and more popular it allows people to look back at the past and encourages them to learn more about African American history.

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00:05:45.600 --> 00:05:50.910

As more and more institutions recognize Juneteenth and work to commemorate.

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00:05:51.180 --> 00:06:04.950

The incredible legacy of slavery in the United States, I hope, Juneteenth becomes a day, where people commit not only to acts of justice in their local community, but to investigate history in a more deep and thoughtful way.

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00:06:23.670 --> 00:06:28.170

Vanessa Perocier: Okay, so that was just a little snippet that just kind of summarized the.

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00:06:28.680 --> 00:06:36.870

Vanessa Perocier: Origination of Juneteenth or do 19th and its importance and why we're here today to celebrate that freedom that freedom that we're still fighting for.

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00:06:37.140 --> 00:06:44.670

Vanessa Perocier: But I think that just making Juneteenth federal holiday it's just one step closer to really recognizing freedom and not just celebrating it and really living in it.

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00:06:45.060 --> 00:06:56.160

Vanessa Perocier: and being able to pass it along and so that's the purpose of our meeting today into not only celebrate it but to continue to continue that torch forward, as I said in the email and.

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00:06:56.640 --> 00:07:06.960

Vanessa Perocier: How do we do that, and how do we get encouraged to do that, how do we get excited about doing that and instead of kind of living in that fear of trauma and historical trauma generational trauma.

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00:07:07.350 --> 00:07:17.520

Vanessa Perocier: And just passing passing it forward and really encouraging one another, so with that being said, I'm going to go ahead and introduce our first speaker and.

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00:07:18.810 --> 00:07:23.640

Vanessa Perocier: Our first speaker all of our speakers have their own topics and they will jump into their topics.

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00:07:24.060 --> 00:07:33.750

Vanessa Perocier: As they feel now as they present in prepared for us, our first speaker is Denzel Jones Dr Jones PhD and licensed marriage and family therapist.

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00:07:34.260 --> 00:07:42.030

Vanessa Perocier: Is an assistant assistant Professor a couple and family therapy at antioch university New England and licensed as a marriage and family therapist.

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00:07:42.480 --> 00:07:55.800

Vanessa Perocier: Before this appointment he received his bachelor's of science and psychology from temple University in 2013 a Masters and family, marriage and family therapy and a certificate and expressive arts therapy from appalachian State University in 2015.

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00:07:56.310 --> 00:08:01.680

Vanessa Perocier: And a doctor philosophy and couple and family therapy from Kansas State University in 2018.

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00:08:02.130 --> 00:08:10.020

Vanessa Perocier: Additionally, Dr Jones is a member of the National Council on family relations or in CFR racial and ethnic diversity and families.

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00:08:10.530 --> 00:08:17.250

Vanessa Perocier: Section well also serving as an elected position on the nci frs inclusion and diversity committee.

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00:08:18.240 --> 00:08:27.180

Vanessa Perocier: You primarily read research is primary research interest is on identity development across time and social processes that impact identity.

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00:08:27.750 --> 00:08:32.550



Vanessa Perocier: That impact identity with a secondary research interest in relationship education.

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00:08:33.420 --> 00:08:40.770

Vanessa Perocier: To continue sharing his primary interest with others, this June team Dr Jones will enlighten us with how to continue being.

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00:08:41.160 --> 00:08:54.360

Vanessa Perocier: role models to each other and within the black Community so everyone can give a thumbs up or a clap or a heart or I couldn't study or clap or however you like to express Dr Jones, you have the floor.

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00:08:55.530 --> 00:08:59.550

Denzel Jones (he/him): Thank you, thank you Vanessa, thank you for the warm welcome introduction and.

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00:09:00.630 --> 00:09:10.590

Denzel Jones (he/him): You know, welcome to everyone now i'm really excited to be here today, just to be talking with you all about you know role modeling and the power of Community support.

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00:09:11.160 --> 00:09:27.450

Denzel Jones (he/him): And so, to be honest, when I was initially asked to come in and talk with you all today just about Community My initial reaction was wow like Community just as itself is like just such a huge complex topic right, so I could spend hours talking with you all about.

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00:09:27.930 --> 00:09:38.010

Denzel Jones (he/him): You know just community, so what i'm doing is right now i'm making a promise that i'm going to do my best to be concise and i'll say what I had to say before they kicked me out of the zoom call.

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00:09:38.970 --> 00:09:44.790

Denzel Jones (he/him): um but you know just to get us started within this space it's important to first note some.

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00:09:45.690 --> 00:09:55.200

Denzel Jones (he/him): You know just kind of what are the protective factors on the positive strengths of black people within black communities and so when we think about the streets of.

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00:09:55.710 --> 00:10:03.480

Denzel Jones (he/him): black people black and black communities, we think about things such as you know, encouraging positive ethnic, racial identity.

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00:10:03.840 --> 00:10:11.700

Denzel Jones (he/him): um you know our racial pride, we think about the resourcefulness and coping skills to deal with societal issues we look at.

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00:10:12.330 --> 00:10:23.700

Denzel Jones (he/him): familial and extend a king and Community support system to just the flexibility around you know what his family, what is Community and how people play various different roles.

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00:10:24.240 --> 00:10:32.850

Denzel Jones (he/him): And we get into the some some some some things around spiritual beliefs, and you know just just achievement orientation and so.

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00:10:33.240 --> 00:10:45.870

Denzel Jones (he/him): As my time today i'll touch on a little bit of each of those pieces not going into too much detail but definitely relating that back to the importance of communities and our unique roles within communities.

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00:10:47.310 --> 00:10:53.880

Denzel Jones (he/him): So, but before we jump into those areas I usually like to start off these types of talks and engagements with a.

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00:10:54.180 --> 00:11:00.360

Denzel Jones (he/him): With a story or engaging audiences around kind of their experiences, as you know, storytelling and the use of metaphors.

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00:11:00.660 --> 00:11:09.360

Denzel Jones (he/him): is actually African tradition, as long as they use to to form and socialize and connect with Community and for problem solving.

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00:11:10.260 --> 00:11:25.680

Denzel Jones (he/him): So, but for the sake of time i'll just share a brief story with you all, you know from my personal experience, so you have some understanding of the relationship that I have you know just with my interest and my understanding around power and importance of community.

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00:11:27.510 --> 00:11:35.400

Denzel Jones (he/him): So, to get us just diving straight in so i'm a miracle baby So what does that mean, and how does that relate to this right.

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00:11:35.790 --> 00:11:50.040

Denzel Jones (he/him): So if we cut out a lot of details um you know sometime after mom mom she had my older brother she became infertile so fast forward many years many chapters and my mom miraculously had baby number two.

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00:11:51.420 --> 00:12:05.790

Denzel Jones (he/him): So growing up, you know it just kind of in a spiritual family within a spiritual Community story that was often shared was that my brother, really, really wanted a baby brother he knew it wasn't possible so he prayed really hard for brother, and you know it's premature answer.

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00:12:07.170 --> 00:12:19.500

Denzel Jones (he/him): So you know if infertility wasn't enough my mom she also experienced various other chronic pains illnesses and just disabilities, you know these things such as arthritis.

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00:12:20.490 --> 00:12:37.740

Denzel Jones (he/him): Severe arthritis osteoporosis blood pressure lupus cancer kidney failure, she actually had to kidney transplants and live, the majority of her life with one kidney she Spanish brain swelling from time to time she also had artificial heart bow.

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00:12:38.760 --> 00:12:50.970

Denzel Jones (he/him): um so you know just to jump into debt to also add into that uh you know my dad he was we were in a military family my father served in the military for over 20 years.

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00:12:51.630 --> 00:12:58.080

Denzel Jones (he/him): So you know, for me, my norm, and you know my brothers nor I had a dad who was in and out of the home.

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00:12:58.920 --> 00:13:07.140

Denzel Jones (he/him): On active duty been in the military and fulfill those obligations and also had a mom who was in at home, you know constantly going to hospital visits.

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00:13:07.800 --> 00:13:19.950

Denzel Jones (he/him): And now, as we're getting into this, you may be thinking like okay didn't we had a Juneteenth event like we were hoping to come to be encouraging to hear like inspiring stories and to really celebrate like what it means, on this day right.

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00:13:20.850 --> 00:13:33.360

Denzel Jones (he/him): But, but who are hearing this really tragic and depressing story, and so I want to show you that, at least from my experience this story is the furthest thing from being tragic and depressing.

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00:13:34.470 --> 00:13:43.890

Denzel Jones (he/him): So this is actually a story of black strength, you know so it's a story of black love story of black Community black culture and support for.

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00:13:44.310 --> 00:13:58.260

Denzel Jones (he/him): Our black people in in our black communities, so when my parents were unable to care for my brother me my grandma and my two cats were often step in and take on that role and for fear that caregiving role for us.

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00:14:00.000 --> 00:14:06.840

Denzel Jones (he/him): And so, also growing up it wasn't a you know we didn't have babysitters like that just wasn't common in our family.

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00:14:07.350 --> 00:14:14.100

Denzel Jones (he/him): What we actually have was grandma's House so everyone would come to grandma's house, so I had many cousins.

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00:14:14.700 --> 00:14:20.670

Denzel Jones (he/him): Also, all the in and out of grandma's house and I look at them today is like basically my siblings.

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00:14:21.390 --> 00:14:27.570

Denzel Jones (he/him): So it was always a party at grandma's house right, and so one of the things that I recover saying over time was.

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00:14:27.840 --> 00:14:36.120

Denzel Jones (he/him): You know I don't care, who you are I don't care what you look like I don't care where you come from where you come through those doors i'm going to treat you as a mom.

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00:14:37.080 --> 00:14:45.150

Denzel Jones (he/him): And so, just to get to the point so again, I had many siblings I had many mothers I grew many fathers and positive male figures.

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00:14:46.170 --> 00:14:51.930

Denzel Jones (he/him): i'm going to ask each of you to say a little prayer for him because mother's day and father's day tends to be a particularly expensive holiday.

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00:14:53.040 --> 00:15:02.250

Denzel Jones (he/him): You know just kind of me and my brother, we always want to make sure that our Community is the death of just as they looked after us as if they were actually our own biological mothers and fathers.

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00:15:03.030 --> 00:15:12.240

Denzel Jones (he/him): And so, despite of the you know apparent challenges and obstacles which i'm sure what were hard and difficult to manage at times.

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00:15:13.170 --> 00:15:24.300

Denzel Jones (he/him): I couldn't imagine going through through those spaces, you know, without my Community I couldn't imagine navigating all of that, without the support and strengthen my Community you know my family my culture.

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00:15:25.050 --> 00:15:32.310

Denzel Jones (he/him): And so, in fact, to make a bold statement I honestly don't think I would be here today talking with you are about community.

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00:15:32.550 --> 00:15:40.980

Denzel Jones (he/him): If it wasn't for those people who are who are willing to to pick up and be flexible within their roles and support to be all of those odds.

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00:15:41.850 --> 00:15:53.880

Denzel Jones (he/him): um so you know honestly I could just end my talk here, you know i've just been that story of dress all those strengths and protective factors that we discussed, you know kind of leading into the space.

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00:15:54.720 --> 00:16:06.180

Denzel Jones (he/him): But I do want to take a moment just to scale back from my own personal experience for us to talk about general Community experiences and what our roles can be within the state communities.

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00:16:10.140 --> 00:16:23.130

Denzel Jones (he/him): So diving just right into black families and communities structures black family structures have had many advantages and strengths, that are largely guided by collectivist attitudes and beliefs.

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00:16:23.700 --> 00:16:35.010

Denzel Jones (he/him): So typically what makes black families, important and unique so black families are characterized by um you know flexibility enrolls a strong can ship and bonds.

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00:16:35.520 --> 00:16:49.440

Denzel Jones (he/him): A strong word and achievement ethic and a strong sense of religious orientation, and so the rearing children often undertaken by a large number of relatives older children and close friends.

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00:16:50.250 --> 00:17:02.220

Denzel Jones (he/him): So when we think about you know black family structures and black communities they're often very based on how families and communities choose to define who is family.



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00:17:02.970 --> 00:17:09.060

Denzel Jones (he/him): So you know fans can be very complex and they can consist of nuclear family members extended family members.

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00:17:09.720 --> 00:17:26.940

Denzel Jones (he/him): But they also can include you know close family, friends and other Community supports and you know these larger familial and care and communal systems play an important role and promoting health and well being within black individuals and the black community.

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00:17:28.410 --> 00:17:44.670

Denzel Jones (he/him): So one of the biggest strengths in the black community is that you know people are allowed to adopt multiple roles within familial and communal context um so that's definitely a piece to to highlight when we think about how we may actually be involved and engaged in those spaces.

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00:17:46.980 --> 00:17:58.380

Denzel Jones (he/him): And so before coming back again to bring it back to you know what are some things that we can look at that we want to be doing, I do want to shift gears slightly almost a little bit about research.

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00:17:59.490 --> 00:18:02.220

Denzel Jones (he/him): So one of the things that research tells us is that.

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00:18:03.270 --> 00:18:14.070

Denzel Jones (he/him): Black individuals with the greatest internalization of black multicultural ethnic, racial identity and they report higher so psycho social well being.

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00:18:15.720 --> 00:18:30.330

Denzel Jones (he/him): So, in other words what that means is whenever we encourage black racial pride on bet that racial pride is highly correlated with healthy thoughts and behaviors around oneself and also around others within one's community.

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00:18:32.400 --> 00:18:49.890

Denzel Jones (he/him): You know, again Vanessa read you know present in my bio and in a very elegant way, one of the things that I would say, you know if you if you didn't know who I was or you didn't know the work I do if you hadn't heard my bio, I think, knowing the topic of my dissertation would really.

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00:18:51.270 --> 00:18:59.910

Denzel Jones (he/him): put emphasis on just how passionate I am about you know learning more about black people black communities and understanding and further is important black coaches.

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00:19:00.780 --> 00:19:13.050

Denzel Jones (he/him): So the title of my dissertation i'm trying to get this right is the impact of ethnic, racial socialization messages from diverse socialization agents on Black ethnic, racial identity.

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00:19:14.670 --> 00:19:20.100

Denzel Jones (he/him): mouthful so in essence right where that means is I was just really curious and wanted to learn more about.

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00:19:20.520 --> 00:19:32.760

Denzel Jones (he/him): Who black people were reporting of influential figures and models within their community and shaping how they understand who they were and what it meant for them to be as a black person residing in the world.

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00:19:35.430 --> 00:19:48.030

Denzel Jones (he/him): So when I think about Community Members with this Community members even mean so a community that includes you know parents siblings older adult family members.

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00:19:48.600 --> 00:19:58.230

Denzel Jones (he/him): You know peers, at the same race different races, but I think those are some of the more obvious ones, but we also start to think about neighbors teachers mentors.

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00:19:58.800 --> 00:20:17.550

Denzel Jones (he/him): Other Community members and even media, you know American media and and black media and so on some level each piece of Community is it, I found that each piece of Community was important in helping these people to understand and growing and developing their own identity.

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00:20:18.570 --> 00:20:28.890

Denzel Jones (he/him): And that level of influence changed over time, you know just based off of but individualistic grew in an age of autonomy different developmental periods.

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00:20:30.090 --> 00:20:32.730

Denzel Jones (he/him): And so, how did these communities engage with these people.

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00:20:35.130 --> 00:20:39.390

Denzel Jones (he/him): So obviously a lot of ways which i'm not going to get into all those ways, but they were both.

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00:20:39.990 --> 00:20:48.480

Denzel Jones (he/him): verbal and nonverbal, but I think what's, the most important for us to note and highlight right now, what I want to focus on today is just the importance of.

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00:20:49.140 --> 00:20:56.310

Denzel Jones (he/him): Racial pride messages and racial barrier messages and so what is a racial pride in this racial pride messages.

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00:20:57.030 --> 00:21:15.570

Denzel Jones (he/him): is a message which, to the extent is to wear a Community Member engages black people to take pride in to appreciate their black culture and a racial barrier message would be a message which prepared black people for ratio adversity experiences and society.

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00:21:16.860 --> 00:21:25.800

Denzel Jones (he/him): And so, more specifically what I found was that racial pride messages did in fact increase the likelihood of some of the internal last positive healthy identities.

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00:21:27.420 --> 00:21:44.850

Denzel Jones (he/him): And you know these these lead to positive black community and cultural attitudes and fill those feelings of you know, closeness towards other black people, and it also encourages a but people to be more open to multicultural experiences intercultural engagements.

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00:21:45.930 --> 00:21:59.700

Denzel Jones (he/him): So additionally those ratio Barry messages also decrease colorblind attitudes and increase ethnic, racial identity exploration ethnic ratio meaning making and internalized Afro centric attitudes.

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00:22:01.560 --> 00:22:08.070

Denzel Jones (he/him): So i'm keeping an eye on time see how much time we have so we're going to wrap this up and tie this all together right so.

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00:22:08.400 --> 00:22:17.700

Denzel Jones (he/him): got some of my personal experience you got some of my research background So what can we do with all this to better understand how we can be involved and engaged in these communities.

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00:22:19.470 --> 00:22:29.220

Denzel Jones (he/him): So, first and foremost uh you know, remember, like, I want you to think whenever engaging in our communities, our roles can be very flexible.

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00:22:29.970 --> 00:22:38.130

Denzel Jones (he/him): And it can be very specific based on our own unique social positioning and our personal and professional identities and engagements.

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00:22:38.970 --> 00:22:49.440

Denzel Jones (he/him): So when engaging with communities, you know, for me, for example, it can look quite differently depending on what role, I may be it at any given time so whether that's the role of a scholar or.

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00:22:49.770 --> 00:22:55.800

Denzel Jones (he/him): A Professor or a therapist or a mentor a brother or a son like etc, etc right.

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00:22:56.490 --> 00:23:06.420

Denzel Jones (he/him): And so wow, of course, like I don't have the time to get into each specific way to each person here today can be involved in their communities, based on their unique personal.

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00:23:07.020 --> 00:23:18.300

Denzel Jones (he/him): and professional diverse social occasions i'll just touch on some common things and overlap, but also know that i'm more than happy to have a follow up conversation to other conversations just the anyone's interested.

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00:23:20.460 --> 00:23:38.940

Denzel Jones (he/him): But just one of the fundamental I guess foundational pieces of being involved in your community is to understand and to gain awareness that you actually do have multiple roles and communities that you engage with and have the potential to offer support and change.

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00:23:40.020 --> 00:23:47.490

Denzel Jones (he/him): You know, sometimes we may think that you know we can't do this and we don't have the resources to do that, or we often paint this big picture.

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00:23:47.820 --> 00:23:54.360

Denzel Jones (he/him): Of what it looks like to be involved and engaged with our communities and and sometimes that's not the case right uh.

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00:23:54.960 --> 00:23:58.710

Denzel Jones (he/him): Whenever we start out, we want to think about the importance of being culturally sensitive.

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00:23:59.130 --> 00:24:09.240

Denzel Jones (he/him): And what that means is some of those cultural sensitivity is someone who acknowledges the possibility that race or culture, may play an important role in people's lived experiences.

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00:24:09.780 --> 00:24:20.010

Denzel Jones (he/him): And those people who are who are culturally sensitive have oftentimes actually been seeing as being more competent and more supportive than people who are not culturally sensitive.

137

00:24:21.360 --> 00:24:30.780

Denzel Jones (he/him): So it's very vital that you continue to do your own work and continuously learn how to navigate the spaces, that you can touch and have impact within around.

138

00:24:33.990 --> 00:24:46.350

Denzel Jones (he/him): So you could be a positive role model and supportive Member also within your communities again just giving you a little bit more specifics by openly addressing cultural specific adversity.

139

00:24:47.970 --> 00:25:06.840

Denzel Jones (he/him): within your communities also engaged in a and kosher the specific coping behaviors so, in short, when we think about what are some Africa coping strategies and behaviors those three primary ones include emotional expression spiritually Center coping.

140

00:25:07.860 --> 00:25:12.510

Denzel Jones (he/him): And Community support right that's what we're talking about Community support being that big piece.

141

00:25:13.980 --> 00:25:25.410

Denzel Jones (he/him): So you as a positive role model and a positive support Member within your community, you can do that by being involved in exposing others to empower and black media.

142

00:25:26.430 --> 00:25:37.080

Denzel Jones (he/him): You know, being involved and supposedly others to prominent and resilient black fig figures and just and distinguish black historical locations such as museums in monuments.

143

00:25:37.890 --> 00:25:47.820

Denzel Jones (he/him): Also, you know we're here at a juneteenth celebration event today being involved in exposing others to black holidays events and celebrations is also very important.

144

00:25:48.300 --> 00:25:55.350

Denzel Jones (he/him): And just overall increase in your exposure and content and engagement with black groups communities and organizations.

145

00:25:56.310 --> 00:26:11.550

Denzel Jones (he/him): um you know, again, I think we often think that being a model within black Community only means being involved with black organizations like you know become involved in n double a CP or de de de in the nc and w.



146

00:26:12.510 --> 00:26:21.270

Denzel Jones (he/him): You know, and being a frontline advocates and activists, on which, in part, is true like that's part of it, and on the other end of the continuum.

147

00:26:21.660 --> 00:26:35.070

Denzel Jones (he/him): Sometimes, being a model within black Community means sitting and listening and hearing and being involved in people's stories and experiences, sometimes, that means being engaged with others and dance and celebration and other forms of expression.

148

00:26:36.210 --> 00:26:45.750

Denzel Jones (he/him): You know, sometimes, that means celebrating black success and achievement like we commented, like to say, like you know we call that gas into other road we'd like to get each other up and celebrate our successes.

149

00:26:46.290 --> 00:26:56.880

Denzel Jones (he/him): And, of course, like you know, supporting black businesses is important, I know, rather financially and go through the word of mouth and to share and those resources.

150

00:26:58.500 --> 00:27:07.560

Denzel Jones (he/him): But, regardless of what roles that you take within communities where you reside within those communities, whether that be your professional or your personal identities.

151

00:27:08.250 --> 00:27:21.330

Denzel Jones (he/him): be open and willing to adopt multiple roles and to be flexible and and how you may traditionally idealized that I didn't need to look or me and how you made the others were that from this basis.

152

00:27:22.230 --> 00:27:27.840

Denzel Jones (he/him): i'm enclosing if you don't take anything else away from our time here today, from what I said.

153

00:27:28.980 --> 00:27:33.000

Denzel Jones (he/him): Remember that it takes a village to raise a child African proper.

154

00:27:33.930 --> 00:27:42.270

Denzel Jones (he/him): So this means that entire community of people must interact with children, in order for those children to experience and grow in a safe and healthy environment.

155

00:27:43.200 --> 00:27:59.520

Denzel Jones (he/him): And that an adaptation of a more modern proper, I know, coming from my grandma I don't care, who you are I don't care what you look like I don't care where you come from you can be an influential model and black communities starting right now, today.

156

00:28:00.540 --> 00:28:01.350

Denzel Jones (he/him): So thank you.

157

00:28:08.520 --> 00:28:10.110

Vanessa Perocier: and talking and i'm still on mute.

158

00:28:10.590 --> 00:28:22.560

Vanessa Perocier: Thank you so much, Dr Jones did I took the spotlight, have you successfully believe so okay Thank you so much, I see the handclaps I see the hearts, I see the confetti.

159

00:28:23.310 --> 00:28:34.260

Vanessa Perocier: horns and that is wonderful, I hope that we all took something away from that and we are here sitting here as a as a community supporting each other or, as you said, gassing each other up and.

160

00:28:34.770 --> 00:28:43.500

Vanessa Perocier: That was wonderful and I hope everyone is encouraged to really step back and reflect on the communities that they are involved in and how they support them.

161

00:28:43.740 --> 00:28:53.400

Vanessa Perocier: And over the years, coming from the start of June team how those communities have such a hard time supporting each other, because they weren't receiving the support from anyone around them.

162

00:28:54.030 --> 00:29:03.240

Vanessa Perocier: Except for slowly but surely the government and then, here we are today it's a national holiday so that's what happens when we do support each other in community.

163

00:29:03.840 --> 00:29:21.600

Vanessa Perocier: And just the variations of communities and the different hats that we all have so on that note we're going to go ahead and transition to our next speaker is going to continue to talk about that variation and being in the black community and being having different difference and.

164

00:29:22.710 --> 00:29:42.060

Vanessa Perocier: That will be miss Yvonne miss Yvonne steward B, C D amp T licensed clinical social worker is a teacher faculty and low residency dance movement therapy certificate coordinator at any university New England, she is also the doctor philosophy of philosophy candidate yeah.

165

00:29:43.530 --> 00:29:56.190

Vanessa Perocier: And the lovely universities expressive therapies program Mr bonds current research utilizes qualitative and arts based research to explore anti oppressive pedagogy and D amp T dance movement therapy.

166

00:29:56.640 --> 00:30:03.960

Vanessa Perocier: before becoming a dance and movement therapist she performed and modern dance companies directed by black women, focusing on the experience of black people.

167

00:30:04.470 --> 00:30:10.890

Vanessa Perocier: This juneteenth initiative on will share how to embrace and express the value of blackness and it's complexities.

168

00:30:11.220 --> 00:30:16.770

Vanessa Perocier: So you haven't heard the word blackness before I think miss Yvonne is going to really highlight that, in her own way.

169

00:30:17.250 --> 00:30:33.540

Vanessa Perocier: Through her presentation, I know that we touch on the word whiteness well you know what there's blackness too, and so, with That being said, we're going to pass it along, I want to see your hearts and your confetti Horn things and your class to Mr Irvine and you have the floor.

170

00:30:35.280 --> 00:30:36.930

Chevon Stewart: Thank you so much Vanessa.

171

00:30:38.520 --> 00:30:56.370

Chevon Stewart: And thank you so much, everyone for having me here today, I just feel really grateful for jail see and and also to Vanessa and Meyer jails he's co chairs and Dr toy Collado, the Faculty advisor and.

172

00:30:57.840 --> 00:31:05.340

Chevon Stewart: Today i've been tasked to speak with you all on blackness and the African diaspora and.

173

00:31:06.540 --> 00:31:14.580

Chevon Stewart: Being a member of the African diaspora and myself and a first generation person, without going into more detail about.

174

00:31:15.990 --> 00:31:17.250

Chevon Stewart: i'm hoping to share.

175

00:31:18.330 --> 00:31:27.870

Chevon Stewart: i'm really I think pick up from where Dr Jones was leaving us i'm feeling the interconnectedness and how we're presenting so.

176

00:31:30.390 --> 00:31:40.200

Chevon Stewart: As I was reflecting on what I wanted to share I think what I was resonating most with was really those nuances those complexities and what it is.

177

00:31:41.730 --> 00:31:58.590

Chevon Stewart: To be a black person here in the US and because dance is my first language my hope today is to really be able to articulate this through movement i'm going to try my best to use my words hopefully.

178

00:31:59.640 --> 00:32:04.440

Chevon Stewart: You will understand what i'm saying, if not messaged me in the chat.

179

00:32:06.000 --> 00:32:16.530

Chevon Stewart: But I like to share a story of my identity as well right and speaking to this in the story is through dance, and it is through.

180

00:32:18.570 --> 00:32:23.670

Chevon Stewart: Through spoken word through poetry, and so this came out of an exploration of.

181

00:32:25.620 --> 00:32:34.560

Chevon Stewart: myself in the dance studio which i'm in today as well on our campus, and this was maybe about two years ago and.

182

00:32:35.730 --> 00:32:42.720

Chevon Stewart: And I was also taking up this new form so poetry writing and creative writing something that's very new to me and.

183

00:32:43.290 --> 00:32:54.270

Chevon Stewart: And i'm sharing being a little bit vulnerable and sharing this with you all today, so I will share my screen and before I do that, I just want to make sure Vanessa that my sound will.

184

00:32:55.920 --> 00:32:56.730

Chevon Stewart: will work.

185

00:33:04.200 --> 00:33:04.740

Vanessa Perocier: Go ahead.

186

00:33:06.000 --> 00:33:06.360

Chevon Stewart: Okay.

187

00:33:11.340 --> 00:33:13.110

Chevon Stewart: So this piece is called.

188

00:33:13.230 --> 00:33:14.460

Vanessa Perocier: She who is magic.

189

00:33:14.940 --> 00:33:15.780

and

190

00:33:17.370 --> 00:33:20.580

Chevon Stewart: I think exactly know the.

191

00:33:21.870 --> 00:33:33.360

Chevon Stewart: history of when black magic started right black girl magic but it's pulling from from that idea of black magic.

192

00:33:36.750 --> 00:33:37.320

it's magic.

193

00:33:38.340 --> 00:33:41.160

Although she goes missing and comes back.

194

00:33:44.070 --> 00:33:45.780

Existing but not be.

195

00:33:47.490 --> 00:33:49.650

shadows continue to move through.



196

00:33:51.030 --> 00:33:54.600

Time passes, but she exists.

197

00:33:55.770 --> 00:33:56.700

Now, not knowing.

198

00:33:57.750 --> 00:34:02.520

Not caring what comes next and who comes next.

199

00:34:03.750 --> 00:34:04.920

Barely getting by.

200

00:34:06.420 --> 00:34:08.910

She tries to hide what someone always sees her.

201

00:34:10.620 --> 00:34:12.480

Chief you exist to just be.

202

00:34:13.620 --> 00:34:15.540

To just be here and.

203

00:34:17.340 --> 00:34:18.840

allow yourself to be here.

204

00:34:20.010 --> 00:34:21.720

Allowing yourself to be here.

205

00:34:22.980 --> 00:34:25.080

Allowing yourself to be here she checks.

206

00:34:29.040 --> 00:34:35.610

she's tried so hard allow yourself to be, if you allow yourself to be here.

207

00:34:36.930 --> 00:34:42.000

Chevon Stewart: allow yourself to be few she continues to chant but the sound feeds.

208

00:34:43.200 --> 00:34:52.620

her mind gets cluttered with all the doubts and fears which have latched onto her sucking the courage, will a motivation to be here.

209

00:34:54.240 --> 00:34:57.270

She moves into a space, not knowing if it is safe.

210

00:34:58.680 --> 00:35:00.870

Moving with trepidation.

211

00:35:02.070 --> 00:35:03.780

ambivalent to worship along.

212

00:35:05.310 --> 00:35:07.560

The mission her this journey.

213

00:35:09.180 --> 00:35:11.040

What is safety.

214

00:35:13.650 --> 00:35:14.550

What is safety.

215

00:35:17.460 --> 00:35:22.080

Safety is found in the listening through the silence.

216

00:35:23.820 --> 00:35:28.500

To the ability to have choice in action and movement.

217

00:35:30.180 --> 00:35:33.720

Safety is freedom to be yourself.

218

00:35:38.760 --> 00:35:45.960

she's now turn to what is rightfully hers her body her mind.

219

00:35:47.310 --> 00:35:52.200

These are the things that cannot be changed cannot remove or taken away.

220

00:35:53.430 --> 00:35:56.250

These are her gifts from mother, father than.

221

00:35:58.170 --> 00:36:01.860

No longer hidden in the shadows for someone to maybe see.

222

00:36:03.210 --> 00:36:05.010

Or to really have to search for.

223

00:36:06.540 --> 00:36:13.860

She is here now screaming warring big crowd.

224

00:36:15.330 --> 00:36:19.380

she's hearing she doesn't give a care about her hurts or losses.

225

00:36:20.430 --> 00:36:22.320

she's with them into something new.

226

00:36:23.610 --> 00:36:28.290

A newer greater moment of who she is.

227

00:36:29.550 --> 00:36:34.770

she's here now present tall and proud.

228

00:36:43.890 --> 00:36:52.140

Chevon Stewart: So thank you everyone for indulging me for a moment and watching this piece it's very hard for me to watch myself.

229

00:36:53.820 --> 00:36:57.960

Chevon Stewart: But I I wanted to open with this piece.

230

00:36:59.070 --> 00:37:04.650

Chevon Stewart: Because movement really has been in the arts really have been my way of.

231

00:37:05.910 --> 00:37:07.380

Chevon Stewart: Trying to connect.

232

00:37:08.850 --> 00:37:14.040

Chevon Stewart: To this idea of blackness and black identity, and so I wanted to share.

233

00:37:15.450 --> 00:37:30.540

Chevon Stewart: Some of my my own family heritage with you all to understand where I come from and where I was coming from in this piece, so I am fresh generation Jamaican American SIS gender and able bodied woman.

234

00:37:31.650 --> 00:37:45.480

Chevon Stewart: My maternal great grandmother was from a parish called St catherine's on the countryside of Jamaica, and is a descendant of the rooms and I came to know about.

235

00:37:46.170 --> 00:37:56.580

Chevon Stewart: The rooms do visiting Jamaica and going back to move village and and seeing that the last name of my great grandmother was a part of.

236

00:37:58.410 --> 00:38:03.600

Chevon Stewart: Just the moon ancestry and feeling that connection, but then seeing that.

237

00:38:05.130 --> 00:38:08.640

Chevon Stewart: Just concrete and factual right there in front of me.

238

00:38:10.200 --> 00:38:22.740

Chevon Stewart: was just very satisfying so the maroons were Africans who were brought to Jamaica to be enslaved but we're free people right they really thought.

239

00:38:23.640 --> 00:38:36.690

Chevon Stewart: To protect their people from colonizers and my paternal great grandfather was from China, and he moved to Jamaica to work on the sugarcane farms.

240

00:38:37.890 --> 00:38:42.720

Chevon Stewart: And he eventually built his business in kingston Jamaica in the capital.

241

00:38:44.970 --> 00:38:59.160

Chevon Stewart: So, moving down the sly of generations my maternal great grandmother came to Canada first on a domestic visa and then eventually moved to the US in the 1960s.

242

00:39:00.540 --> 00:39:08.130

Chevon Stewart: leaving behind my mother and my aunt who would later moved to the US as adolescents and then reside in the south bronx.

243

00:39:09.450 --> 00:39:24.210

Chevon Stewart: My father moved to the US, as a young adult i'm from Jamaica, and my mother and father met in Inglewood California and I was born in California, but raised in the bronx and an upstate New York.

244

00:39:25.470 --> 00:39:36.300

Chevon Stewart: So I share that with you to kind of share this interconnect these intersections right of my identity and.

245

00:39:37.170 --> 00:39:54.810

Chevon Stewart: Hopefully, to bring some light to this idea of shared blackness so as a child of immigrants i'm reminded of this idea of shared backlist but i'm also reminded of things kind of earlier voices and messages.

246

00:39:56.250 --> 00:40:05.310

Chevon Stewart: Of not feeling American enough or not feeling Jamaican enough or not feeling enough enough right all of these things until.

247

00:40:06.900 --> 00:40:10.590

Chevon Stewart: I really came to the space of recognizing.

248

00:40:12.450 --> 00:40:19.500

Chevon Stewart: That I don't have to be right either or that I can really be and live within.

249

00:40:20.820 --> 00:40:25.650

Chevon Stewart: My identity as Jamaican American person so.

250

00:40:28.350 --> 00:40:29.730

Chevon Stewart: I wanted to share.



251

00:40:31.020 --> 00:40:34.020

Chevon Stewart: Really four things with you all today.

252

00:40:35.250 --> 00:40:40.260

Chevon Stewart: I guess maybe important aspects that were coming up for me, as I was thinking about the diaspora.

253

00:40:41.490 --> 00:40:53.430

Chevon Stewart: And the first one is is, although we were kidnapped and brought to different lands, we are interconnected through our origins from the continent of Africa right.

254

00:40:53.910 --> 00:41:05.880

Chevon Stewart: We are in North America, South and Central America, the Caribbean islands and to me, the arts really provide a clear depiction of our interconnectedness.

255

00:41:06.360 --> 00:41:19.860

Chevon Stewart: You see, that view our music, you see that, through dance you see that, through visual art you see it through culinary arts and our shared humanity really lives and breathes through all of these modalities right.

256

00:41:21.420 --> 00:41:27.120

Chevon Stewart: Having traveled to different parts different countries i'm always amazed at.

257

00:41:29.160 --> 00:41:31.110

Chevon Stewart: That spirit of interconnectedness.

258

00:41:34.020 --> 00:41:38.700

Chevon Stewart: The other thing that I hope to offer to you all today is to.

259

00:41:40.650 --> 00:41:55.500

Chevon Stewart: Really recognize our chance Corporal being in power right so within the African diaspora there's a variety and Dr Jones was speaking to this earlier of spiritual and religious practices right and.

260

00:41:56.490 --> 00:42:04.440

Chevon Stewart: Going into the Caribbean and other areas we practice things such as auditions and obs and we do to Christianity.

261

00:42:06.090 --> 00:42:10.920

Chevon Stewart: there's a belief in a system or systems, greater than ourselves and.

262

00:42:12.090 --> 00:42:25.560

Chevon Stewart: Really, however, this manifest for you one concept that is important, I believe, is transcript rally and this concept comes from disciplines of theology, it can be found in feminist theory can be found in critical race theory.

263

00:42:27.780 --> 00:42:37.350

Chevon Stewart: And i'm going into a little bit of theory here but strongmen asserted that the experience of enslavement and colonization on black people was due to the conceptualization.

264

00:42:37.800 --> 00:42:53.040

Chevon Stewart: Of the body of these individuals as empty or blank by colonizers However, he further is sort of that denial of the black body to move in its traditional ancestral ways was the greater form of oppression.

265

00:42:54.510 --> 00:42:55.290

Chevon Stewart: and

266

00:42:56.430 --> 00:43:05.280

Chevon Stewart: Another theory speaks to her name is Alma about trans corporately from a feminist environmental justice perspective.

267

00:43:07.440 --> 00:43:17.220

Chevon Stewart: And she really speaks to this in relation to speaking about people of color and emphasizing the impact right of racism and how it manifests on the body of the worker.

268

00:43:18.360 --> 00:43:19.920

Chevon Stewart: and of the working class.

269

00:43:21.270 --> 00:43:35.610

Chevon Stewart: And do looking environmental justice and she emphasizes the awareness of environmental factors and their impact and effect on the body and why am I speaking so much about the body i'm speaking so much about the body, because.

270

00:43:37.800 --> 00:43:52.020

Chevon Stewart: One it's again I think my first language and because this feeling of interconnectedness is not just I think on this plane right we have this on the spiritual plane, we have this.

271

00:43:53.880 --> 00:43:57.540

Chevon Stewart: As well we're affected by the different systems that we're interacting with.

272

00:43:59.190 --> 00:44:19.830

Chevon Stewart: Which brings me to my next point of embracing all of who we are both our racial and ethnic identities right so for those of us of the diaspora, we have this identity of our blackness but we we also holding on to our ethnic identities and.

273

00:44:21.960 --> 00:44:30.000

Chevon Stewart: I don't know if I need to go into the definitions of what those are, I feel that you all, probably know what those are right, but I just wanted to offer to.

274

00:44:31.260 --> 00:44:36.000

Chevon Stewart: Two theories, to help us conceptualize that, and so one model.

275

00:44:37.230 --> 00:44:51.420

Chevon Stewart: of racial ethnic identity which speaks to really looking at the complexities of who we are in the African diaspora and it's an integrative approach proposed by Johnston and Guerra and this model attempts to move.

276

00:44:58.410 --> 00:45:00.660

Chevon Stewart: away from an underlying belief of.

277

00:45:00.660 --> 00:45:05.340

Chevon Stewart: This model is that their racial allowances may sometimes.

278

00:45:07.260 --> 00:45:15.450

Chevon Stewart: We concentrate on prod may concentrate on racism or negative impacts and ethnic analysis me sometimes concentrate on pride and belonging.

279

00:45:16.950 --> 00:45:26.490

Chevon Stewart: By applying a critical lens to theories of ethnic identity and visual identity, they use this image of a zipper So if you imagine.

280

00:45:27.990 --> 00:45:38.250

Chevon Stewart: You can zip up your zipper right so on one side of the zipper is your racial identity and the other side is your ethnic identity, and you know what we're trying to do.

281

00:45:39.660 --> 00:45:52.590

Chevon Stewart: And also speaking from a research perspective is bring these two intersections together right, so that we can see fully who who these people are right, who we are.

282

00:45:54.330 --> 00:45:57.510

Chevon Stewart: And then the other model that I wanted to offer is.

283

00:45:59.340 --> 00:46:15.900

Chevon Stewart: Johnston and quasar model of queer black racial identity development right, so this model integrates crosses model from the 1970s and also combines critical race theory and clear theories, to create a brick collage of theories.

284

00:46:16.980 --> 00:46:26.760

Chevon Stewart: And then explores desire performative social identities being and becoming and the context of structural oppression.

285

00:46:27.960 --> 00:46:35.520

Chevon Stewart: So in desire, we see that individuals are relating to one another, which in turn affects their behavior rate.

286

00:46:36.150 --> 00:46:50.460

Chevon Stewart: In performative social identities individuals are behaving in a specific identity versus being that specific identity, so people may change their actions and code switch depending on the type of environment that they're in.

287

00:46:51.900 --> 00:46:59.640

Chevon Stewart: And being and becoming racial identity is a continuous process which changes over time due to people's life's experience.

288

00:47:01.050 --> 00:47:04.140

Chevon Stewart: and looking at the context of structural oppression.

289

00:47:05.880 --> 00:47:14.820

Chevon Stewart: really discussed racism and hetero normative ways of being in a society and how individuals resist those ways of being right.

290

00:47:15.510 --> 00:47:30.870

Chevon Stewart: And so, how all of this relates back is for years being someone who's often felt as he saw my peace kind of in the shadows are having people not understand and having myself not under it fully understand myself right.

291

00:47:33.090 --> 00:47:37.710

Chevon Stewart: That it's important to be unapologetically you right.

292

00:47:38.820 --> 00:47:54.270

Chevon Stewart: We do this by freely expressing ourselves, not only is this vital of our part to our survival, it is the heart of what juneteenth celebration, is it is celebrating the freedom of our ancestors who sacrifices helped create a pathway for us to be here today.

293

00:47:55.320 --> 00:47:57.750

Chevon Stewart: Throughout the diaspora we love celebration.

294

00:47:59.340 --> 00:48:15.570

Chevon Stewart: Through carnival do procession i'd love for sessions, the music to dance through food right, and these are just some ways to celebrate, but you know what is freeing for you and connects you to Community as we were speaking to earlier to family to friends.

295

00:48:16.890 --> 00:48:20.160

Chevon Stewart: Perhaps there are other ways right that you would like to celebrate.

296

00:48:22.320 --> 00:48:37.200

Chevon Stewart: And then the last thing I want to offer is that it is our duty to protect within the African diaspora, those who are most vulnerable and in this recognition of our interconnection to one another and the power that we hold.

297

00:48:39.390 --> 00:48:55.260

Chevon Stewart: Recognizing those who are vulnerable and this means providing support guidance and mentorship to children and you providing compassionate care to our older adults and being an ally to those who lead gen defies LGBT Q ya.

298

00:48:56.670 --> 00:49:16.560

Chevon Stewart: So I don't know if I have, I have like a one and a half minute poem if I have time to share but it just ends on this note of interconnectedness and is stemming from Thank you Vanessa Thank you Maya stemming from the words of Celeste snowbird.

299

00:49:17.910 --> 00:49:25.590

Chevon Stewart: Advanced educator and she states we live from skin to Sky, the stars of the land or within our bodies.



300

00:49:27.930 --> 00:49:30.240

Chevon Stewart: So i'm just going to share my sound.

301

00:49:41.010 --> 00:49:43.290

We live from skin to sky.

302

00:49:44.580 --> 00:49:47.400

The scars of the land or within our bodies.

303

00:49:50.160 --> 00:49:53.250

trees, the body that knows no bounds.

304

00:49:54.750 --> 00:49:57.630

But moves within the confines of the universe.

305

00:49:59.310 --> 00:50:01.860

stars water.

306

00:50:03.090 --> 00:50:05.490

dust wins.

307

00:50:07.350 --> 00:50:11.580

Millions of cells which move within us around us.

308

00:50:13.470 --> 00:50:14.460

calling us.

309

00:50:15.510 --> 00:50:16.260

Back to earth.

310

00:50:17.910 --> 00:50:18.660

Back to earth.

311

00:50:20.370 --> 00:50:25.290

Back to ourselves, which is the earth reincarnated billions of times over.

312

00:50:26.340 --> 00:50:28.350

From all of its representatives.

313

00:50:29.490 --> 00:50:31.410

Living is no longer just for me.

314

00:50:32.880 --> 00:50:34.770

or just for you.

315

00:50:36.330 --> 00:50:44.520

We live from skin to sky through hopes dreams, the confines of our reality.

316

00:50:45.810 --> 00:50:50.190

Our reality of the grit and grind of the dirty city streets.

317

00:50:51.390 --> 00:50:56.400

Our reality of scoping and searching through the web of technology.

318

00:50:58.350 --> 00:51:02.700

Our reality of digging for building up the education.

319

00:51:03.750 --> 00:51:04.980

That will set us free.

320

00:51:06.570 --> 00:51:07.710

or so we think.

321

00:51:09.120 --> 00:51:14.790

This is our reality within my body your body.

322

00:51:16.110 --> 00:51:16.980

Our body.

323

00:51:18.330 --> 00:51:20.460

Lives the particles upon particles.

324

00:51:21.690 --> 00:51:24.960

The imprints of each and every one of us.

325

00:51:26.280 --> 00:51:27.600

I have you and me.

326

00:51:28.650 --> 00:51:30.420

And me within you.

327

00:51:31.860 --> 00:51:42.990

This is how we all get through from skin to sky through blowing winds pouring rains drench other particles was passed through our porous bodies.

328

00:51:44.100 --> 00:51:46.140

Entering in and sitting there.

329

00:51:47.370 --> 00:51:50.460

leaving a footprint and imprint.

330

00:51:51.750 --> 00:51:55.560

For all ages until does do us part.

331

00:52:04.470 --> 00:52:07.320

Chevon Stewart: Thank you everyone for hand it back over to.

332

00:52:10.950 --> 00:52:12.810

Vanessa Perocier: You Thank you so much.

333

00:52:12.840 --> 00:52:21.780

Vanessa Perocier: Mr boom, I was just very, very beautiful and just really reminding us that we live in our bodies and we speak through our bodies to.

334

00:52:22.200 --> 00:52:29.970

Vanessa Perocier: Not just through trauma, but just from all experiences that we have, and it really connects back to our blackness and how black people are all across the world.

335

00:52:30.360 --> 00:52:39.750

Vanessa Perocier: And many different countries, and not just an American freedom really is for the people's for all people so moving on to our final.

336

00:52:40.350 --> 00:52:49.410

Vanessa Perocier: speaker, we are kind of run them edge of time i'm going to introduce misha Tina hunter licensed marriage and family therapist is a consultant.

337

00:52:49.650 --> 00:53:02.610

Vanessa Perocier: podcasters speaker and the owner of always live lovely and mental health service, Mr Tina has a masters of ours and counseling psychologist that emphasizes marriage and family therapy practices and a certificate kit and trauma ecology and treatment.

338

00:53:03.390 --> 00:53:08.400

Vanessa Perocier: Currently, she is completing the process of becoming a licensed professional clinical counselor in addition to.

339

00:53:09.300 --> 00:53:22.140

Vanessa Perocier: In addition, excuse me to processing her business progressing her business she is working her nine to five as a counselor faculty at the California State University of East Bay in California, in the health Center.

340

00:53:22.980 --> 00:53:31.530

Vanessa Perocier: This juneteenth misha Tina will educate us on persevering settling goals and tackling challenging task, so I now hand it over to.

341

00:53:33.600 --> 00:53:46.590

Chetina Hunter: Yes, so exciting i'm so excited to be here, you know this event is just unfolding in such a beautiful way, and you know, even when we just think about the topic of community.

342

00:53:47.940 --> 00:53:54.420

Chetina Hunter: i'm part of vanessa's Community like she said, we went to Grad school together at holy nation, a barracks me and she dug in her bag and pulled me out.

343

00:53:54.660 --> 00:54:03.030

Chetina Hunter: In order to help me, be able to add to this event, so it just goes to show how important it is to just remain connected and just continue to support each other.

344

00:54:03.300 --> 00:54:16.530

Chetina Hunter: In order to be able to reach these goals that we all have a society in order to be able to just continue to create new ways for us to grow new ways versus stay connected and be able to build upon what has already been done.

345

00:54:17.460 --> 00:54:25.050

Chetina Hunter: So i'm really excited to be here you'll see, I have my black dreams matter shirt on so you know really just making sure that we're bringing all the positive energy.

346

00:54:25.440 --> 00:54:35.430

Chetina Hunter: And so i'm going to just share a inspiring motivational message with you all to wrap things up a bit for the event and as Vanessa stated.

347

00:54:35.790 --> 00:54:51.480

Chetina Hunter: i'm talking about the impact of perseverance and passion in the black Community will also highlight and just encouragement of goal, setting as well as just handling challenging task which i'm sure we all have had to face at one time or another.

348

00:54:52.800 --> 00:55:01.230

Chetina Hunter: So and getting into things it's so amazing to just see juneteenth begin to give more recognition that it deserves.

349

00:55:01.470 --> 00:55:10.800

Chetina Hunter: Especially amongst the black Community so can we just take a moment to acknowledge that again just clap it up for all the acknowledgement that is getting which is.

350

00:55:11.220 --> 00:55:13.500

Chetina Hunter: Some very important in the black community.

351

00:55:13.710 --> 00:55:26.580

Chetina Hunter: Because, especially in America we don't necessarily get to learn much about the African American history is usually something our families have to teach us we learned from our friends, we learn from ourselves.

352

00:55:26.760 --> 00:55:32.580

Chetina Hunter: But it's not something that's necessarily gone into depth within our textbooks and within our school systems.

353

00:55:33.030 --> 00:55:47.970



Chetina Hunter: I feel like things are getting a tad bit better because, even at the university I work with like they have classes and they have majors now which truly represent really being able to go in depth with this learned that I honestly wish was there when I was a student.

354

00:55:48.240 --> 00:55:59.460

Chetina Hunter: some years back so i'm very excited to see I know it's just a chip off of the iceberg, but i'm excited to continue to see you know just how things continue to grow and hopefully get better over time.

355

00:56:00.300 --> 00:56:04.890

Chetina Hunter: So really being able to honor you know what it truly meant.

356

00:56:05.160 --> 00:56:16.470

Chetina Hunter: And Vanessa showed a very amazing video and i'm so happy that she was able to give that brief history because it's something that we're all honestly still learning about and still understanding what it stood for.

357

00:56:16.830 --> 00:56:29.940

Chetina Hunter: And something that we're able to gather that we were able to gather from that video is it's the freedom, which is such a heavy word it stood for freedom, so, as I stated so excited to be here and just.

358

00:56:30.510 --> 00:56:42.090

Chetina Hunter: Thinking about when it comes to the black community, we know that perseverance is at the foundation of what we stand on you know, since the beginning.

359

00:56:42.540 --> 00:56:54.630

Chetina Hunter: of time way back when it has never been easy being black and where I am being black in American, so much so, to where sometimes or maybe most times you know.

360

00:56:55.170 --> 00:57:04.470

Chetina Hunter: We feel, I know I find myself feeling that I fall somewhere in between feeling ashamed, as well as territorial over the American title.

361

00:57:05.340 --> 00:57:19.530

Chetina Hunter: But what I mean by that is territorial because the nation was built on the backs of black people and then also it comes with feeling very ashamed, though, because of the horrific treatment that is being indoors time and time again.

362

00:57:20.010 --> 00:57:31.260

Chetina Hunter: And this can definitely put someone in a conflicting space like you want to feel proud to be American but then you're also like man like where does that value lie in your day to day journey.

363

00:57:31.860 --> 00:57:41.730

Chetina Hunter: When you're being beaten down and torn down at every angle of what's coming at you, and you can begin to wonder what is the point of continuing to push forward.

364

00:57:42.390 --> 00:57:50.040

Chetina Hunter: For better you know when it feels like you're taking a step back, like society may take a step forward, I mean in, but it still takes two or three steps backwards.

365

00:57:50.850 --> 00:58:02.760

Chetina Hunter: So when I I kind of begin to think of like Okay, what is the point of pushing for what is the point of trying to make things better when it kind of feels like, especially if you watching it consumed in to the news.

366

00:58:03.180 --> 00:58:16.050

Chetina Hunter: It feels like you know nothing, nothing that you do is really making such a huge impact because there's always something that's happening to remind especially black people like Okay, this is how America has seen you.

367

00:58:16.710 --> 00:58:25.770

Chetina Hunter: Since you've come over here, so when I began to pretty much reflect on that question, and just reflecting on some difficulties that I had experienced.

368

00:58:26.340 --> 00:58:30.060

Chetina Hunter: And pretty much questioning like you know what what's the point of continuing to move forward.

369

00:58:30.480 --> 00:58:37.980

Chetina Hunter: I began to be reminded of heartfelt last year, and we know, last year was a little treacherous and I am happy that we have made it to the other side.

370

00:58:38.850 --> 00:58:43.890

Chetina Hunter: So I just remember you know all the murders that that took place last year.

371

00:58:44.280 --> 00:58:54.180

Chetina Hunter: um and I began to feel very, very numb and it's a real scary feeling when you feel so numb to where when people actually how you doing you're like I don't even know.

372

00:58:54.480 --> 00:59:06.450

Chetina Hunter: i'm just here i'm just going I just kind of being in motion and going day to day, and my do not only was a lot of things happening within the black lives matter community, but we were trying to survive epidemic.

373

00:59:06.900 --> 00:59:14.280

Chetina Hunter: That we hadn't survived before, so it was literally being hit on so many different levels like mentally physically spiritually.

374

00:59:14.850 --> 00:59:18.990

Chetina Hunter: And it's just very exhausting and I don't know Vanessa didn't mention.

375

00:59:19.320 --> 00:59:28.410

Chetina Hunter: I am therapists and, believe it or not, no there's some therapists that's the area that's talk so you know y'all understand, but for people that may not know too much about the mental health community.

376

00:59:28.950 --> 00:59:33.150

Chetina Hunter: Believe it or not, there has to have the same exact experiences and everyone else.

377

00:59:33.450 --> 00:59:39.810

Chetina Hunter: Even though we have the skills it's just sometimes you know we may know how to apply them a little bit better.

378

00:59:39.990 --> 00:59:54.000

Chetina Hunter: But at the same time, we had days, where we're down, we have things that impact us and make us feel depressed and we feel sad, we need a little pick me up and, obviously, our own therapy as well, so there's no shame in that at all so um.

379

00:59:54.960 --> 01:00:02.190

Chetina Hunter: It was definitely my second time around, last year, because i've worked for cal state East Bay a couple of times.

380

01:00:02.820 --> 01:00:08.040

Chetina Hunter: But just as being in this position, it was my second time around working for cal state East Bay university.

381

01:00:08.880 --> 01:00:17.730

Chetina Hunter: And I, being the only, and let me emphasize the only black therapists on that campus for students to turn to.

382

01:00:18.210 --> 01:00:28.710

Chetina Hunter: And I kind of it was interesting because I react in a way of I retreated and I wanted to make myself feel less seen because of all that I was experiencing personally.

383

01:00:29.580 --> 01:00:40.230

Chetina Hunter: So you know, one would think like you know, there would be joy and be able to represent my Community i'm the only black therapists on campus array array array but that wasn't exactly how I felt.

384

01:00:41.100 --> 01:00:47.280

Chetina Hunter: I had joy there once before, and I have put so much energy into the black community.

385

01:00:47.610 --> 01:00:57.570

Chetina Hunter: On the campus, but when I really tried to make a difference honestly I didn't receive enough support within the Community, so everything I was working hard to do just kind of fell.

386

01:00:57.810 --> 01:01:06.990

Chetina Hunter: flat on his face and that really discouraged me It made me kind of feel not value, so this time around, I knew that in order to be able to have self care.

387

01:01:07.530 --> 01:01:16.680

Chetina Hunter: It was really going to look like me not publicized and myself, I didn't want anyone to announce that was back at cal state East Bay I didn't want the new students to really know that I was at cal state.

388

01:01:17.010 --> 01:01:22.740

Chetina Hunter: East Bay this time around, because I barely had a grip on my own emotions.

389

01:01:23.070 --> 01:01:39.390

Chetina Hunter: So I began to truly feel like Okay, I can help people, one on one but in being in groups like i'm a mess i'm a mess, even though i'm the therapist I love this and I can't even tell you in one word how i'm feeling, so how can I sit here and hold space for groups of people.

390

01:01:40.860 --> 01:01:49.980

Chetina Hunter: And even when I made that decision to retreat, I felt very solid like a self care so am I, how can I go wrong when i'm taking care of myself, like some of us have her on the time.

391

01:01:50.250 --> 01:01:56.940

Chetina Hunter: And you know, like I said i'm the only black therapist on staff, so my staff is mostly white and they definitely supported my decision.

392

01:01:57.210 --> 01:02:06.150

Chetina Hunter: So you know they would they would cry for me and they felt that I shouldn't have to be the token therapist and they just feel very bad about all that was that I had to hold.

393

01:02:06.480 --> 01:02:14.310

Chetina Hunter: And you know because they thought I didn't need to be the token therapist, for once, it was helpful for me and it felt relieving to me.

394

01:02:15.300 --> 01:02:30.630

Chetina Hunter: And that support you know, although was helpful for me it led me to being checked out completely from being a support in as I probably could have been to the collective of the black Community during the time when they probably needed me the most.

395

01:02:31.830 --> 01:02:41.580

Chetina Hunter: So now, you know, like I said that's that's, not to say that I didn't work until I still worked my tail off, I saw a lot of people, one on one and, even though I wasn't publicizing myself.

396

01:02:41.910 --> 01:02:52.680

Chetina Hunter: The black students of the Community definitely were fighting over no you don't pick this day because she's my therapist i'm a senior at three o'clock so you can't go at three o'clock so they were still kind of you know, having communication amongst themselves.

397

01:02:52.890 --> 01:03:06.000

Chetina Hunter: But that was just the much that's that's as much as I was able to handle and it looks like just like I said not really being able to just remind I didn't even join the group.

398

01:03:06.900 --> 01:03:13.590

Chetina Hunter: Of the African American black staff and associate faculty and association on campus anymore I didn't even I didn't even tell them.

399

01:03:14.160 --> 01:03:25.950

Chetina Hunter: That I was even there that I wanted to be a part of anything and that's what I mean by just retreating because I wanted to avoid any expectation that everybody was going to put on me, as the only black bear on campus during this time.

400

01:03:26.280 --> 01:03:32.910

Chetina Hunter: i'm in it, so when I think about it i'm kind of like seriously, how was I supposed to be able to help someone.

401

01:03:33.810 --> 01:03:40.500



Chetina Hunter: What i'm experiencing the same exact trauma as though I have the same fears is them and i'm having the same Greek system.

402

01:03:41.340 --> 01:03:48.000

Chetina Hunter: To them, basically, at this point, and then, so I had to be able to provide myself more time to.

403

01:03:48.420 --> 01:03:54.960

Chetina Hunter: just reflect in this space and that's what I mean by as a therapist we had the same experiences, but I do know the skills.

404

01:03:55.140 --> 01:04:02.730

Chetina Hunter: And so, even though I was getting to a place where I felt really numb I knew there would get a point where okay you're going to have to start taking a step back.

405

01:04:03.060 --> 01:04:06.690

Chetina Hunter: and applying the skills in order to be able to pull yourself out of this.

406

01:04:07.350 --> 01:04:16.230

Chetina Hunter: Because you never want to retreat so much, even if it feels good, even if you like this is self care I don't have to worry about everybody else, right now, this is my decision.

407

01:04:16.470 --> 01:04:21.810

Chetina Hunter: You never want to retreat so much that it hurts the Community more than it's helping the Community.

408

01:04:22.710 --> 01:04:27.090

Chetina Hunter: And then, so when you are feeling them, and when you are feeling overwhelmed.

409

01:04:27.630 --> 01:04:36.000

Chetina Hunter: is so very important and how I really helped myself was remembering who and what I came from so remember who and what you came from.

410

01:04:36.270 --> 01:04:40.440

Chetina Hunter: anytime you feel like you want to retreat and you just want to check out because the reality is.

411

01:04:40.800 --> 01:04:48.030

Chetina Hunter: You know all of us work, you know we're in spaces, where people are grabbing for our energy looking up to us, looking for a sense of direction.

412

01:04:48.240 --> 01:04:59.940

Chetina Hunter: And we can get traumatized to you know we can feel like we need a break, we can definitely experienced burnout so it's so important to find what you need to be grounded in and what you need to stand firm upon.

413

01:05:01.020 --> 01:05:14.220

Chetina Hunter: So for myself, I know that you know I not only come from enslaved people, but I acknowledge, I come from sharecroppers I come from musicians, I come from, doctors, I come from business owners.

414

01:05:14.550 --> 01:05:26.070

Chetina Hunter: I come from, mothers and I come from, fathers and I definitely come from churchgoers on Sunday, so you know I come from motivation being speaking over me literally every single day.

415

01:05:26.790 --> 01:05:36.960

Chetina Hunter: As you know, my father and my mother will prepare me to go to daycare I come from getting straight a's and I come from East oakland California so that's a parallel in itself.

416

01:05:37.710 --> 01:05:46.680

Chetina Hunter: And I come from hard workers who really got up at the crack of dawn to make sure that all was taken care of so that their children didn't have to go without.

417

01:05:47.370 --> 01:05:48.630

Chetina Hunter: I knew that I came from.

418

01:05:49.590 --> 01:06:02.910

Chetina Hunter: I come from prayers and I know that when I am down is so important for me not to stay there, calling my Alice in Wonderland hole but it's so important for me not to stay there, because that's not where my dreams that's not where my dreams live.

419

01:06:03.600 --> 01:06:16.440

Chetina Hunter: So you know much can go on in day to day things, and you know you can turn on the news and honestly to see all these different modern day lynchings is what I call them I know a lot of people call it them that's happening and get fed up.

420

01:06:16.680 --> 01:06:19.320

Chetina Hunter: So I definitely I was starting to get discouraged.

421

01:06:19.590 --> 01:06:29.670

Chetina Hunter: And you know you can get actually depleted, if your key supporting to watch the news, but sometimes the news just seems to some type of report and negative things that they don't talk about you know some of the positive things.

422

01:06:29.850 --> 01:06:37.170

Chetina Hunter: So at this point, I had to go watch news I just hear in the news secondhand from other people because that's how i'm still able to just find my joy.

423

01:06:37.560 --> 01:06:50.040

Chetina Hunter: And it was really just being able to reflect on you know my ancestors our ancestors, you know, they were not free, for us, for us to be able to throw in the towel when the going gets rough.

424

01:06:50.430 --> 01:06:54.240

Chetina Hunter: And then, after I was able to get back in touch with myself.

425

01:06:54.420 --> 01:07:03.870

Chetina Hunter: With my feelings investigated, I had to have a good old crime I just had to cry it out, because some time that's what you need there's no shame in being able to cry that's a way for your body to be able to release.

426

01:07:04.200 --> 01:07:08.940

Chetina Hunter: All this pent up in there, where you may not confined the words, so I began to wonder, you know.

427

01:07:09.930 --> 01:07:21.870

Chetina Hunter: Okay, what can I say to the Community that may be different than what has already been said by everyone else, because if I feel like something's being said already, I don't want to sound like a broken record, I only want to speak when I have something different to say.

428

01:07:22.500 --> 01:07:34.890

Chetina Hunter: So, excuse me, I did what I knew I could do, and that was press I took out my phone I press record and I made a video to post to social media platforms and I entitled it and uplifting message to my black community.

429

01:07:35.730 --> 01:07:42.450

Chetina Hunter: And then, so in that video I emphasized our endurance I emphasize acknowledging trauma that was experiencing.

430

01:07:42.900 --> 01:07:52.530

Chetina Hunter: Recognizing honestly that some people just do not want the world to change because they already feel and believe, to the depth of their soul that is already better in the best that it can be.

431

01:07:52.980 --> 01:07:57.870

Chetina Hunter: And really just reflecting on taking ownership and the actions that can be done to move forward.

432

01:07:58.800 --> 01:08:09.210

Chetina Hunter: So you know I do want to pause for a moment and just allow us to just breathe, as I know, i've just shared a whole lot and it's important for us to be able to remind ourselves to ground ourselves and breathing.

433

01:08:11.190 --> 01:08:22.920

Chetina Hunter: And just really being able to acknowledge that you know this message is for everyone, because, like black people experience liberation and freedom that's when we're all able to become free.

434

01:08:23.490 --> 01:08:31.110

Chetina Hunter: So we really have to work on supporting each other and Center in black liberation, so that we may experience social change.

435

01:08:31.530 --> 01:08:39.240

Chetina Hunter: And you know, changes the way that stoner on all the time, is in a lot of our favorite quotes is a really big word that holds a lot of weight and it can feel intimidating.

436

01:08:39.540 --> 01:08:46.830

Chetina Hunter: You know, when it comes to goal setting because goal setting a lot of times the goals that impact not only yourself, but others as well.

437

01:08:47.310 --> 01:08:55.440

Chetina Hunter: And then so changes the word honestly that the ancestors saw when they looked up as they were about to begin on this new chapter of freedom.

438

01:08:56.130 --> 01:09:10.470

Chetina Hunter: and freedom is the word that encompasses all that you desire, because you have the option to choose and what happened choice you have power that's where you're powerless and So you see, the only thing that always.

439

01:09:11.580 --> 01:09:16.620

Chetina Hunter: helps me hold on to my power, I would say when facing obstacles is Remembering my line.

440

01:09:16.860 --> 01:09:27.870

Chetina Hunter: That got me all the way through school, all the way through Grad school, even when I was in the middle of what I Why did I do this to myself, it was me Remembering my why and then so if there's no why there's no sense of direction.

441

01:09:28.440 --> 01:09:34.260

Chetina Hunter: And there's no why there is no purpose if there is no why there is no courage.

442

01:09:34.800 --> 01:09:43.200

Chetina Hunter: And you see throughout history, the black community has been taught to assimilate honestly to the European outlook of individual lizard.

443

01:09:43.740 --> 01:09:48.060

Chetina Hunter: versus collectivism, which is what our ancestors were prided on.

444

01:09:48.750 --> 01:09:59.520

Chetina Hunter: So the idea of reaching back for others to help them along is really you know something that we have to begin to turn back to, we have to remember that we're all honestly better together.

445

01:10:00.000 --> 01:10:07.560

Chetina Hunter: The idea of Community you know it's something that gets lost, especially when we have this mentality of every man for himself.

446

01:10:08.070 --> 01:10:13.740

Chetina Hunter: And I remember earlier in my you know speech I was saying, when I retreated that's what I was doing I was kind of on the every man for.

447

01:10:14.400 --> 01:10:25.950

Chetina Hunter: himself type of mentality and I focus more isolation that's why I was driving more with just the one on one, rather than being in the groups and I didn't really probably realize that being.

448

01:10:27.300 --> 01:10:36.090

Chetina Hunter: Amongst the Community as their therapist which holds a lot of way but, honestly that's probably what I needed most in the same way that they probably needed the most I needed the most.

449

01:10:36.900 --> 01:10:47.490

Chetina Hunter: And, knowing that you know I didn't have to be he'll probably but, honestly just showing up more in those spaces in the way and that way, particularly would have been what makes everything.

450



01:10:47.760 --> 01:11:00.210

Chetina Hunter: To them, and probably everything to me, allowing the togetherness, to be the healing that's so important, the togetherness there's so much healing and so much beauty and just so so much joy.

451

01:11:00.480 --> 01:11:05.070

Chetina Hunter: That is in just being in coming together, no matter the differences that we have.

452

01:11:05.400 --> 01:11:14.280

Chetina Hunter: So it's really time for us to get back to that, but, honestly, like I said there's so much that still happens, it makes you think is that even possible like is that even realistic.

453

01:11:14.700 --> 01:11:20.340

Chetina Hunter: And I know that you know in my reading antioch university stands on winning one for humanity.

454

01:11:21.240 --> 01:11:28.140

Chetina Hunter: So it's really important for you, at some time today sometime this weekend to think how have you applied that to your daily choices.

455

01:11:28.860 --> 01:11:37.470

Chetina Hunter: How have you seen victories one since June T and what is one thing you can do to help reach this goal of just winning one for humanity.

456

01:11:38.280 --> 01:11:43.650

Chetina Hunter: You know, because we're taught in today's society that capitalism, you know we're supposed to just.

457

01:11:44.070 --> 01:11:50.700

Chetina Hunter: Work ourselves to the bone honestly just go go go go go go go, especially here in America and then so going from one go to the next.

458

01:11:50.970 --> 01:11:56.640

Chetina Hunter: And from one issue to the next, is what we're really pride and upon which is, which is just not the way that we should be going.

459

01:11:57.150 --> 01:12:03.330

Chetina Hunter: And we must know that it's important to not be drained to not be deplete it while trying to press forward.

460

01:12:03.720 --> 01:12:13.110

Chetina Hunter: We must also work towards acceptance, you know, which is a tricky word to say because people are probably wondering what should Tina except as a hurt pain and trauma.

461

01:12:13.860 --> 01:12:21.720

Chetina Hunter: that's not accepted that i'm talking about so just hear me out just work just with just a little bit i'm talking more so, about the acceptance of what the world is giving us.

462

01:12:21.990 --> 01:12:31.770

Chetina Hunter: And practicing reframing focus from the world providing validation to ourselves to us as a collective feeling valued filling seeing and feeling heard.

463

01:12:32.190 --> 01:12:40.530

Chetina Hunter: And if we can do that for ourselves honestly we've already won half the battle we must set goes to honest, we have to work better, to protect each other.

464

01:12:41.190 --> 01:12:45.540

Chetina Hunter: To help each other feel safe again, despite the circumstances, because things are going to continue to happen.

465

01:12:45.990 --> 01:12:58.770

Chetina Hunter: And nothing in life is ever 100% easy and y'all know that just by you know working and being in the in the school systems, so you know you're looking at someone here that literally I was I dropped my first ap psychology class in high school.

466

01:12:59.550 --> 01:13:12.810

Chetina Hunter: Because you know I never had an ECHO mark for car and it was not going to have him in my senior year as my final grade for that class to being someone that went to holy names to get her master's and graduated with a cumulative 4.0 GPA.

467

01:13:13.320 --> 01:13:19.530

Chetina Hunter: and becoming a therapist and the first person in my family to be a licensed marriage and family therapist at that.

468

01:13:20.310 --> 01:13:31.560

Chetina Hunter: So, even in the midst of that the honest truth is that with each year we're still marching we're still protesting we're still finding the nearest continue to be real the trauma is happening.

469

01:13:32.310 --> 01:13:41.220

Chetina Hunter: And we will continue on, so we have to let it fuel us to continue to thrive, we must acknowledge that, although our ancestors have freedom.

470

01:13:41.490 --> 01:13:47.010

Chetina Hunter: they're still they still weren't set up for success and truly been able to survive within the new chapter.

471

01:13:47.520 --> 01:13:51.240

Chetina Hunter: They will hear what obstacles after obstacles as they learn to set new goals.

472

01:13:51.720 --> 01:13:58.080

Chetina Hunter: So, after years of hard work, they still had to start from scratch and for most that looks like we working the land they were enslaved on.

473

01:13:58.440 --> 01:14:02.880

Chetina Hunter: On top of that, the impact on their mental health was never ever acknowledged.

474

01:14:03.540 --> 01:14:11.820

Chetina Hunter: But nevertheless they never forgot their why they didn't leave each other behind and they were still together in this they stay grounded and what they believe they deserved.

475

01:14:12.120 --> 01:14:20.280

Chetina Hunter: Which leads me to my final point, which is a bonus tip to on how I keep myself grounded through it all and that tip is checking in with yourself.

476

01:14:20.700 --> 01:14:30.960

Chetina Hunter: and always remembering to breed ground and breathe in breathe in grounding your breath settling breath live in breath fighting breath it keeps you forever connected to the ancestors.

477

01:14:31.320 --> 01:14:39.480

Chetina Hunter: Because as long as there was breath there was another chance and when breath from one is gone the torches pass for others to continue the legacy.

478

01:14:40.110 --> 01:14:43.350

Chetina Hunter: And, as we say I am my ancestors wildest dreams.

479

01:14:43.800 --> 01:14:54.690

Chetina Hunter: And as we continue to celebrate, we must remember your ancestors are rooting for you i'm right here rooting for you tune because essentially I am you and you are me liberation, is where healing lives.

480

01:14:54.990 --> 01:15:03.480

Chetina Hunter: Learning more about your team helps drive liberation and learning to live be liberated is what he elevates our survival thank.

