

| Title | Description | Presenters | Key Words | Audience |
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| Every Knee Will Bow; Poetry, Politics, and People | Five spoken word artists will “lift their voices” sharing two to three pieces each designed to address kneeling, athletes, politics, Trump’s response, the flag, and other areas that cradle the cap of injustice. Poets will use their eyes on the prize of poetry and prose to corral these sensitive, controversial, and meaningful topics that have the power to bring us to our knees. Participants will be invited to write and share their idea of what is needed to rise from our knees in triumph and unity. | Jacqueline Ware , Contemporary Poet & Spoken Word Artist Kathya Alexander , Actress & Storyteller Dr. Georgia McDade , Historic Author, Poet, & Spoken Word Artist Colin Corpe , Hip Hop Poet from North Carolina | Spoken Word Poetry Empowerment Self-Expression | Youth Young Adults Poets Writers All Audiences |
| Bystander Intervention Experimentation | Harassment and hate speech are on the rise across the country. Effective intervention is difficult and risky. In this interactive, immersive workshop, participants practice intervention strategies and learn what works and what doesn't. We will use role playing, interactive games and follow-up discussion to begin to reprogram our automatic 'fight/flight/freeze' reactions and learn to safely, respectfully de-escalate tense situations. | Rev. Andrew Conley-Holcom , Admiral UCC is a trained violence prevention educator, DV/SA survivor advocate. He holds an MA with a concentration in genocide studies, and an Mdiv with a concentration in ethics in social movements. Jane Westergaard-Nimocks , Anti-Hate Alaska Junction Susan Oatis , Anti-Hate Alaska Junction | Responding to Hate Standing Up to Injustice | Youth Adults All Audiences |
| Lessons from Defectors of the Hate Movement | This workshop explores the catalysts that caused formerly violent people to abandon the hate movement with personal stories from former neo-Nazi skinheads, white supremacists, and other radical extremists profiled in the presenter’s forthcoming book, Defectors From Hate. Attendees explore the catalysts and emotional events that caused former convicted | Former civil rights reporter Lonnie Lusardo is now owner of and Principal Consultant for The Diversity Collaborative, a veteran owned business that specializes in Cultural Competency Training and Strategic Diversity Management for | Understanding Hate Movements Effective Social Change Movements | Youth Adults All Audiences |

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| | <p>hate criminals to abandon the hate movement and embrace inclusive, non-racist behaviors. This workshop covers:</p> <ul style="list-style-type: none"> • What caused the change of heart? • What do these stories tell us about how to transform hate to love? • What do we do to prevent whites-only rallies from hurting innocent people? • How do these personal accounts relate to hate groups in Seattle and Washington State? | <p>governments and corporations. He works closely with the Southern Poverty Law Center staff to track the most current evolution in the movement.</p> | | |
| <p>Seattle, Get Ready for the Launch of the Coalition of Anti-Racist Students</p> | <p>Seattle Public Schools is home to some of the worst racial disparities in the country. While many Seattle schools have student groups that challenge racism, the Coalition of Anti-Racist Students unites many of these groups into one body, backed by the NAACP. Too often, the district omits the youth from the decision-making table. The Coalition aims to change that reality. At this workshop, meet the youth leading this movement and learn more about the Coalition's platform and initiatives.</p> | <p>Layla Mohamud, leader of Center School's People of Color Alliance, an anti-racist student group. Ha'aheo Auwae-Dekker, leader of Center School's People of Color Alliance an anti-racist student group, and Young Women Empowered, a nonprofit that fosters leadership in young women. Rita Green, local activist and Education Chair of the Seattle King County NAACP. Jon Greenberg, a public school teacher in Seattle and writer whose work has appeared in NPR, Huffington Post, Everyday Feminism, and Yes! Magazine.</p> | <p>Youth Empowerment Community Organizing</p> | <p>Youth Youth Allies</p> |
| <p>Veterans' Resources for Benefits and Community Services</p> | <p>We will provide information about Department of Veterans Affairs benefits and services for active</p> | <p>Minister Shirley Perry-Poston Veteran Stephen Riggins</p> | <p>Veterans' Services Veterans Benefits Survivors' Benefits</p> | <p>Veterans and Their Survivors</p> |

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| | <p>military and veteran men and women of all ages, their families, disabled veterans, including survivors' benefits. In addition, we'll offer resources for housing, jobs and apprenticeship programs, at-risk for homeless services, Seattle discount utility program, PTSD supports, veterans women's services, Seattle & Tacoma stand-down services, Tahoma National Cemetery burial services and more. We will help with access to VA benefits and claims.</p> | <p>(UW PTSD Counselor & Support Group) Veteran Carl Hightower (National Association of Black Veterans, NABVETS, VA Claims Representative) Veteran Robert Stephens (National Association of Black Veterans, NABVETS, VA Claims Benefits Representative) Veteran John Pruitt (National Association of Black Veterans, NABVETS, WDAV)</p> | | |
| <p>Introduction to Mindfulness Based Stress Reduction (MBSR)</p> | <p>Introduction to Mindfulness Based Stress Reduction (MBSR) is a 90 minute interactive session for participants age 14 and older. Dr Kim Holland will offer information on the scientific evidence for the health benefits of MBSR, introduce techniques that can be used right away to begin a practice in mindfulness and provide resources for those interested in further study.</p> | <p>Dr Kim Holland, Family Physician and co-facilitator of the 2016 Women of Colour with Chronic Illnesses MBSR Class at Kaiser Rainier Medical Centre</p> | <p>Health and Wellness Stress Reduction Sustaining Your Activism</p> | <p>All</p> |
| <p>Five Things to Know About the Judicial System Before You Vote</p> | <p>This workshop empowers voters to learn more about the members of the judicial system before they vote. Local judges, law enforcement and prosecutors have the power. We will challenge this idea and seek to change the voting culture in local judicial elections.</p> | <p>Reverend Harriett Walden Attorney Lynne Wilson Mothers for Police Accountability</p> | <p>Voter Empowerment Political Effectiveness Civil Rights</p> | <p>All</p> |
| <p>Bullying, Harassment and Civil Rights</p> | <p>This workshop will define youth bullying, unwanted aggressive behaviors by another youth or group of youths that involves an observed or</p> | <p>Jacqueline Wu, OCA-Asian Pacific American Advocates Greater Seattle Sera Wang, OCA-Asian</p> | <p>Youth Empowerment Civil Rights</p> | <p>Youth Parents Teachers Youth Allies</p> |

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| | <p>perceived power imbalance. Bullying can affect physical and mental health of those targeted. High school and college students will share their experiences with bullying and outlets or ways that they have overcome it. For youths of color, there can be a correlation between bullying and race, ethnicity, sexual orientation/identification, and nationality. The workshop will differentiate hate speech and hate crime, explaining benchmark cases, and help students understand their civil rights and resources.</p> | <p>Pacific American Advocates Greater Seattle, Board Member Jenny Duong, OCA-Asian Pacific American Advocates Greater Seattle, Board Member</p> | | |
| <p>Intersections of Oppressions</p> | <p>This youth-led workshop explores the intersection of different forms of oppression and why these intersections matter for how we fight them. Using a mix of interactive exercises and group discussion, Participants in our Advanced Leadership Program will facilitate a mix of interactive exercises and group discussion. Attendees will leave with ideas about how they can fight oppression effectively.</p> | <p>Elizabeth Caldart, Global Visionaries Natalie Murphy, Chief Sealth High School Maya Garzelli, Roosevelt High School Yash Katwal, Nathan Hale High School Liam O'Leary, Garfield High School</p> | <p>Fighting Racism Fighting Oppression Understanding Oppression Understanding Racism Political Effectiveness Intersectionality</p> | <p>Youth Youth Allies</p> |
| <p>The White Moderate; Proper Activism for Anti-Racist White Activists!</p> | <p>This youth-led workshop highlights the inherent problem of the white moderate. It touches on how the issue is perpetuated through notions of colorblindness, tone policing, and post-racialism. Participants will leave this workshop with a greater understanding of what white privilege looks like, the difference between allyship vs. friendship, and what can be done to dismantle the white moderate.</p> | <p>Jasmine Fernande, Garfield High Falisha Samuels, Garfield High Olivia Goss, Garfield High Waltana Dawit, Mt. Rainier High</p> | <p>Allyship White Privilege Anti-Racism</p> | <p>White Liberals/Moderates</p> |

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| <p>The Fight to Defend and Expand Social Security and Medicare</p> | <p>This workshop will</p> <ol style="list-style-type: none"> (1) review Social Security, Medicare and Medicaid, how they were won, and why Republicans want to destroy them; (2) show how today's Republican scams on taxes and Obamacare set the stage for dismantling Medicaid, Medicare and Social Security; (3) report on current coalition-building to defend our social insurance programs, and also to expand them for the benefit of all; a 3-minute video, "Scrap the Cap", will present the case for strengthening Social Security and improving its benefits. (4) offer ideas for engagement and activism. | <p>David Loud worked over 45 years in health care, the last 10 for Congressman Jim McDermott. He represents Puget Sound Advocates for Retirement Action (PSARA) in the Washington Health Care Is a Human Right coalition.</p> <p>Steve Bauck, the former Director of Advocacy and Agency Relations for Northwest Harvest, is a long-time activist on poverty and hunger issues. He co-chairs PSARA's Education Committee.</p> <p>Jessica Bonebright, Co-President of PSARA, is the former President of , King County Labor Council, and Past King County Library System Trustee and United Way KC Board member.</p> | <p>Social Security Medicare Medicaid Political Effectiveness Advocacy</p> | <p>All</p> |
| <p>The Central District: A Community Gentrified</p> | <p>How does art influences community culture and activism? The presenters will discuss the history of the Central District and its gentrification, including a personal, family account of gentrification. The workshop will then widen to larger discussion for participants to express what gentrification means to them. This workshop will be filmed as part of a documentary on gentrification in the Central District of Seattle.</p> | <p>Lawrence Pitre</p> <p>TraeAnna Holiday, a Garfield Graduate, was born and raised in the Central District. After witnessing gentrification within her neighborhood, she studied it on an international level. Now, as a filmmaker, she brings her experience, knowledge and passion back to her community.</p> | <p>Gentrification Community Art Central District</p> | <p>All</p> |

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| <p>The Only Trial Ever in the Assassination of MLK</p> | <p>50 years ago MLK was murdered. Almost 20 years ago the only trial in the assassination took place in in Memphis. The facts and verdict of the trial remain virtually unknown today. This workshop will cover:</p> <ul style="list-style-type: none"> The basic details of the trial and the jury's verdict; How could such an important trial be so unknown; The relation to the other assassinations of the 1960s; The importance of knowing about the trial today; The consequences of not knowing about this today. | <p>Bert Sacks, activist and researcher</p> | <p>Civil Rights Movement Lessons from History</p> | |
| <p>50 Years of Power to the People</p> | <p>The Seattle Chapter of the Black Panther Party will review its past beginning in 1968 to the present and discuss its impact on the survival of black people and other disenfranchised people in Seattle and beyond.</p> <p>The goals of the workshop are to (1)inspire young people to maintain a high level of resistance to ongoing injustice in our communities and (2) how varied the forms are that solidarity and unity can take in the quest for freedom, opportunity and sufficient services for POC, women, young people, the poor and homeless, immigrants, lgbtq, and those who are unjustly incarcerated because of their race or class.</p> | <p>Garry Owens Vanetta Molson</p> | <p>Lessons from History</p> | |

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| How We Passed A Sugary Beverage Tax With Revenue Dedicated Toward Access to Healthy Foods for Working Families in Seattle | Participants will learn why the SBT Coalition fought for passage of a Sugary Beverage Tax and how the Coalition won over the City of Seattle. They will learn how low income and working families and communities of color in Seattle can benefit from the revenue from the tax. The importance of healthy eating and food security will be discussed. The beverage industry is now fighting hard to overturn the tax. Learn about how the coalition is organizing to fight industry giants and how you can participate. | Tanika Thompson , Got Green/Sugary Beverage Tax Coalition | Health and Wellness Community Organizing | |
| Chronic Disease Self-Management/ Diabetes Self-Management | Participants will go through the skill building how to read a food label, learn the difference between portion and serving size and how it can affect your health. Participants will also be given time to learn about how to make an actions plans towards healthy living and will be given the opportunity to make an action plan. | African American Reach and Teach Health Ministries | Health and Wellness | |
| Indivisible for Everyone | Indivisible is a national network of local grassroots activist groups that launched a year ago to resist the radical Trump/GOP agenda. In this workshop, we will share what's worked well so far for Indivisible groups in this new political landscape, and learn about what's worked for existing local organizations. We want to build a network working toward common goals in the 2018 and 2020 elections. | Jonathan Tong Brandy Donaghy Toshiye Ishisaka Sandi Olson Seattle Indivisible | Community Organizing Voter Empowerment Advocacy Political Effectiveness | |

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| Holding Seattle Accountable | This workshop will present the importance of having a third party that focuses on anti-racist organizing and policy making, led by the most marginalized communities of Seattle; and how we, as a community, can and must hold the new mayoral administration accountable to the people of Seattle. Panelist will include members of the core committee from the Seattle People's Party. | | Community Organizing Voter Empowerment Advocacy Political Effectiveness | |
| Public Agency Contracting for DBE and MWBE Companies | The National Association of Minority Contractors and public agency representatives will discuss contracting opportunities for Disadvantaged Business Enterprise (DBE) and Minority and Women-owned Business Enterprise (MWBE) companies. The discussions will identify public agency legal requirements to provide contracting opportunities for DBE and MWBE companies and contract compliance processes. Agency representatives will also discuss where to find contracting opportunities and resources available to help interested DBE and MWBE companies participate in their procurement programs. | <p>Bob Armstead, President NAMC-WA City of Seattle Port of Seattle Sound Transit</p> <p>Representatives from other agencies' DBE and MWBE programs will also be panelists.</p> | Business Development/ Financial Health | Business Owners Prospective Business Owners |
| The "Right to Work" For Less | In this workshop, you'll learn about the racist origins of right-to-work and how an impending supreme court decision threatens to deal a | Jenny Ho, jennyho888@gmail.com, APALA Seattle member | Business Development/ Financial Health Economic and Social | All |

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| | devastating blow to public service workers. Participants will be equipped with the history and knowledge needed to create a strategic resistance plan that educates and empowers workers. | Romy Garcia , romybgarcia@gmail.com, APALA Seattle board member | Justice Community Organizing | |
| Know Your Workplace Rights | This one-hour know-your-rights training is designed to educate workers about the Federal, Washington State and City of Seattle labor standards. It will provide attendees the resources they need if their rights are violated. Workers in need of legal assistance will be directed to appropriate resources. | Ahmed Abdi Fair Work Center Andra Kranzler | Economic and Social Justice Worker Rights Financial Health | Employees Employers |
| Simple Steps to Financial Fitness | This workshop will provide practical information to empower attendees to make informed financial decisions and improve their finances. | Patt Lathan , Financial Educator with background in mortgage loans, credit, credit cleanup, and business development | Economic Empowerment | All |
| Entrepreneurial Development: Learn How to Create a Business or Grow Your Business | Participants will learn to create personal checklists for their entrepreneurship | Leonard Simpson Patrick Hughs | Economic Empowerment | All |
| Community Input Opportunity: Seattle Department of Education and Early Learning Levy | In 2018, an important levy will be on the ballot in Seattle, affecting what is offered in all Seattle schools. In this workshop, participants will learn about the levy planning process and provide input into which programs and services are included in the proposed levy | Soul Light Consulting Dwane Chappelle , Director Austin Miller , Communications and Outreach Strategic Advisor City of Seattle Department of Education and Early Learning | Voter Empowerment Community Engagement | All |