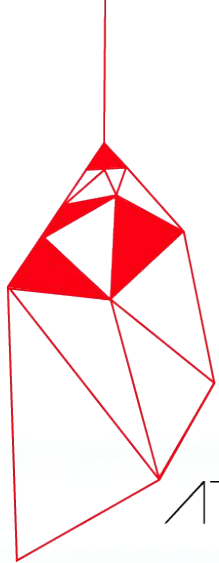


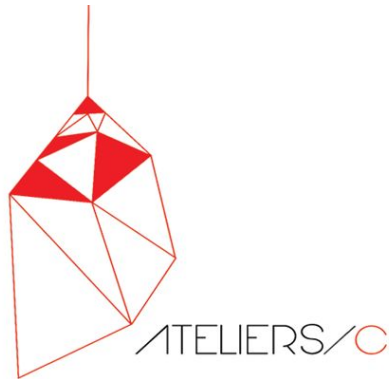
# Ateliers/C : “Contemplating 400 years of inequality” with Maria Tan



ATELIERS/C

- Welcome !
  - Who is here with us ? Please rename yourself with your
    - First name
    - Pronoun of preference
    - organization
- Chat online with @Janie for any technical support or need

# Ateliers/C workshop



Ateliers/C is an initiative of

Centre des organismes communautaires  
(COCo) [coco-net.org](http://coco-net.org) and Centraide of  
Greater Montreal



# What is COCo ?



COCo (the Centre for Community Organizations) is a charitable organization whose mission is to support the health and well-being of community organizations in Québec. We believe that this, in turn, creates a more socially just world. Through :

- supporting organizational development
- offering training
- disseminating resources
- producing research
- strengthening links between nonprofit organizations

COCo helps to promote the vitality of the community sector in the province.



# Land acknowledgement



**Tiohtiá:ke**

nation **Kanien'kehá:ka**

**Mooniyang**

nation **Anishinaabeg**

You can visit the Native Land Digital site to identify upon whose lands you are sitting or occupying:

<https://native-land.ca>

# Tiohtià:ke tsi ionhwéntsare

Karonhiio Delaronde and Jordan Engel



# Virtual Etiquette & Zoom

- ★ Paper and pencil at hand
- ★ Display/Screen view : Gallery or speaker option
- ★ Choice of open camera and Turn off your microphone when you're not speaking
- ★ Use the chat to broaden or ask questions
- ★ Recording of certain parts / photo consent
- ★ Have the zoom link at your fingertips
- ★ Take care of yourself (snack, drink, etc.)



# Course of the day

## Agenda

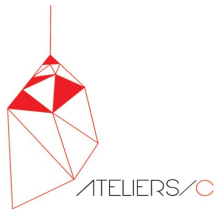
- ★ Opening
- ★ Contemplative Practice
- ★ Exploring the 400 years of Inequality Timeline
- ★ Contemplative Journaling
- ★ Breakout room discussions
- ★ Restorative Circle
- ★ Closing

## Posture and inclusive space

- ★ Take the opportunity to ask all your questions
- ★ Openness and listening
- ★ The right to speak in your own language without judgment
- ★ Respect for each and everyone
- ★ Vegas rule : "What is shared here stays here, what is learned can go out?"

# More about Maria Tan

- ★ Founder and director of House of Thriving
- ★ Designs and facilitates workshops, courses, and community building experiences focused on mindfulness, social emotional learning, and collective healing
- ★ Maria's restorative and contemplative approach equips others with the critical skills and tools to cultivate critical reflection and reconnect to their inner sense of wholeness.





# Closing and evaluation

- ★ Follow-up email with slides and collection of discussions, resources, etc.
- ★ Live evaluation + Post evaluation
- ★ Offer of a Momentum and De Visu Inbo Card combo



# Some resources

- ★ [House of thriving](#)
- ★ [400 years of inequality](#)
- ★ 400 years of inequality : [resources](#)
- ★ [Angel Acosta](#)
- ★ [K-12 Curriculum](#)
- ★ [Timeline Files](#)
- ★ [Healing collective trauma with Thomas Hübl](#)
- ★ [Presencing](#)
- ★ <https://www.blackcanadianstudies.com/>
- ★ <https://www.strongnations.com/>
- ★ <https://www.mikana.ca/>
- ★ <https://www.kairoscanada.org/>
- ★ [Podcast that explores flash points in the history of the black community](#)
- ★ [Mindful of Race Ruth King : Practices to facilitate discussions spaces with people of race](#)

# Some resources

- ★ [Youtube video of the ateliers/C workshop : Contemplating 400 years of inequality](#)



## Next workshops ateliers/C :

- ★ **November 24** : Sensibiliser à l'approche interculturelle et visiter nos **biais inconscients** avec la Table de concertation des organismes au service des personnes réfugiées et immigrantes/TCRI (français)
- ★ **December 15** : Experiences that weave **leadership development with conversations about inequality and healing to support organizational leaders** through contemplative and restorative practices with Dr. Angel Acosta (English)

**Thank you for your participation at the  
ateliers/C workshop !**

**To learn more about the ateliers/C :**

★ <https://coco-net.org/ateliers-c/?lang=fr>