

## **PRESS RELEASE**

**FOR: IMMEDIATE RELEASE**  
**FROM: YWCA MISSOULA, NCBI MISSOULA**  
**CONTACT: Ari Laurel, [alaurel@ywcaofmissoula.org](mailto:alaurel@ywcaofmissoula.org)**  
**SUBJECT: “True Colors Training Series Rethinks Racism”**

*MISSOULA* – In response to the positive feedback from the Missoula Racial Justice Teach-In in September, NCBI and YWCA Missoula are once again collaborating with a full anti-racism curriculum to take place in March. The True Colors training is a series of workshops created in an effort to address the unique challenges faced by people of color, as well as white allies taking action against racism. Both trainings invite community members to rethink race, history, and community.

**True Colors: POC** is designed for people of color learning to develop creativity through struggle, examine a history of erasure, transform relationships, and acquire lifelong strategies that combat stressors and ensure personal growth.

**True Colors: Allies** is a curriculum created for white allies who are dedicated to self-examination, ending guilt, understanding invisible prejudices, and tackling racism in their communities and relationships.

The trainings create a safe and comfortable space for participants to discuss difficult themes. Participants will come away with skills and strategies that can strengthen the relationships within their cultural communities and across cultural lines. NCBI and YWCA Missoula seek allies and people of color who have witnessed and experienced racism and seek to both better understand and work toward racial justice.

All trainings will take place Saturdays, March 12, 19, and 26 from 10:00 a.m. – 2:00 p.m. Lunch will be included for all participants. **To register or find out more, contact Ari Laurel at [alaurel@ywcaofmissoula.org](mailto:alaurel@ywcaofmissoula.org).**

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*Founded in 1911, YWCA Missoula is dedicated to eliminating racism, empowering women, and promoting peace, justice, freedom and dignity for all. Learn more at [www.ywcaofmissoula.org](http://www.ywcaofmissoula.org).*

*NCBI Missoula creates a more just and inclusive society by developing leaders who work to end mistreatment, correct systemic inequalities and strengthen community cohesion. Learn more at [www.ncbimissoula.org](http://www.ncbimissoula.org).*