



EDUK

EQUALITY AND DIVERSITY UK
EQUALITY. INCLUSION. RESPECT. TOGETHER.

*You Are Not Alone.
Your Voice Matters.*



SAFE SPACE LISTENING SESSION

For Ethnically Diverse Communities Across Greater Manchester

Recent events and experiences of racism, discrimination, exclusion, and hate can have a significant impact on our wellbeing, confidence, and sense of belonging.

Whether these experiences have happened recently or in the past, they can leave lasting emotional effects. Sometimes we simply need a safe space to talk, be heard, and connect with others who understand.



We invite people from ethnically diverse communities to join us for a supportive, online Safe Space Session.



10
BOROUGHES
ONE COMMUNITY
STRONGER
TOGETHER



DATE
Saturday
13 June



TIME
10:00am –
2:00pm



LOCATION
Online
via Zoom

WHAT TO EXPECT

- ✓ A confidential and respectful space
- ✓ Opportunities to share lived experiences
- ✓ Time to reflect, talk, listen and be heard
- ✓ Supportive discussion with others from diverse communities
- ✓ A chance to release tension, emotions and concerns in a safe environment
- ✓ Community connection, solidarity and healing

THIS SESSION IS OPEN TO:

- Black communities
- Asian communities
- Mixed heritage communities
- Refugees and asylum seekers
- Migrant communities
- Gypsy, Roma and Traveller communities
- People from all ethnically diverse backgrounds living, studying or working in Greater Manchester



No one will be pressured to speak. You are welcome to share as much or as little as you feel comfortable.



REGISTER TO ATTEND
www.eduk.uk/book



Together we create space for listening, healing and hope.



This is a community support session and not a counselling service. Participants will be signposted to specialist support where appropriate.



This session is confidential, respectful and non-judgemental.



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www.equalityanddiversity.co.uk



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*Different Cultures.
One Greater Manchester.*

