



Cohort Information & Schedule

The Black Healing Collective Cohort is a small group created to understand racial trauma personally, congregationally, and in society. The cohort program will utilize trauma-informed research and practices to develop a pathway(s) toward healing. The cohort will be 12-18 months with various leadership development and skill-building monthly meetings, outings, travel, and learning and engagement opportunities to enhance individual capacity to support the church and community in becoming more trauma-informed and resilient.

Participation is limited to Black lay and clergy of the United Methodist Church. Priority is given to Northern IL Conference members. However, if space is not filled, it will be open to Black lay and clergy of the United Methodist Church in other conferences.

Below is the fee schedule:

- The \$190* registration fee is due no later than 10/31/23. The registration fee includes a DNA test, a genogram, and racial trauma and trauma-informed sessions.
- A \$250 travel fee is due by 1/31/24 to attend a 1-day trip to Milwaukee, WI in June 2024 and a 3-day/2-night trip to Washington, DC. in September 2024 (travel is not mandatory to participate in the cohort).

A Zoom orientation will be held on **Tues., 9/26/23, 6-7:15p CST**. A full refund minus a \$25 administrative fee is available if a written request for cancellation is received by 10/31/23. A written refund request can be sent to Amania Drane at adrane@umcnic.org. There is no refund after 10/31/2023.

Most sessions will be held via Zoom on the 4th Tuesday of the month from 6-7:15 p.m. CST unless otherwise noted. The agenda for the cohort sessions, outings, and travel follows:

September 2023 (Tues., 9/26/23, 6-7:15p CST)

- Zoom Orientation

October 2023 (Tues., 10/24/23, 6-7:15p CST)

- **Defining and Recognizing Racial Trauma** – What is racial trauma? How can we recognize it? How does it affect us personally, congregationally, and communally?
Presenter: Rev. Dr. Norval Brown, Sr. Pastor, Cary United Methodist Church

November 2023 (Tues., 11/28/23, 6-7:15p CST)

- **Racial Trauma: Ideas, Practices, and Countermeasures**
Presenter: Dr. Henry L. Allen (Ph.D.: University of Chicago), Founding Director, African American Institute for Advance Scientific Research

December 2023 (Tues., 12/12/23, 6-7:15p CST)

- **Bigger Than Me** - The history of the church in America has done harm to the Black community. However, what is the work that we individually and collectively need to understand and do in addressing the historical and systemic issues in our community? Presenter: Rev. Pamela Pirtle, Executive Pastor and Director of the Freedom School-St. Mark UMC (Chicago)
- Holiday outing (date and time to be determined)
- Of note, in light of the busy holiday season, the monthly session was moved to the 2nd Tuesday.

January 2024 (Tues., 1/23/24, 6-7:15p CST)

- **What Do We Need to Know About Racial Trauma & Healing**
Dr. Ronald Bell, Jr. Discipleship Ministries, The Upper Room, Director of Healing & Resilience
- The travel fee of \$250 for the Sept. Washington, D.C. trip must be paid by **1/31/24**.

February 2024 (Tues., 2/27/24, 6-7:15p CST)

- **Genogram** – How does our family history narrative inform our present state?
Rev. Harriette Cross, Sr. Pastor, Wilmington UMC
- Field trip to the DuSable Museum (date and time to be determined by the cohort)

March 2024 (Tues., 3/26/24, 6-7:15p CST)

- **How Do We Manage Anxiety? A Trauma Response to Clutter and Confusion?**
Candi Cylar, SBC21 Project Manager – Atlanta, GA

April 2024 (Tues., 4/16/24, 6-7:15p CST)

- **The Emotional and Spiritual Impact of Trauma: A Call to the Church to Begin the Healing.** Trauma impacts the body, soul, and spirit, and its toll can be devastating if it is not acknowledged, grieved, and processed. Trauma's impact can be even more devastating when it is unwittingly passed from generation to generation. We will discuss the consequences of transgenerational trauma and the powerful role the church can play in helping hurting people be seen, heard, and healed from trauma, both in their own lives and in their future generations.
Dr. Karen Stevenson, M.D., M.Div. – Atlanta, GA
- Of note, General Conference is scheduled for April 23 – May 3, therefore, instead of having the monthly session on the 4th Tuesday, it was moved to the 3rd Tuesday.

May 2024 (Tues., 5/21, 6-7:15p CST)

- **How Can We Work Together Better?** The history of racial trauma faced by Black people in the Northern IL Conference is real. What can we individually and collectively do to make improvements?
Lisa Butler, Lake South District Co-Lay Leader, Chicago: Morgan Park
- Of note, the Memorial Day Holiday is Mon., May 27, therefore, instead of having the monthly session on the 4th Tuesday, it was moved to the 3rd Tuesday.

June 2024 (date to be determined)

- **Field Trip 1** (Wisconsin [Black Historical Society/Museum](#) and the [Black Holocaust Museum](#))

July 2024 (date and outing to be determined)

- Cohort Engagement Outing

August 2024 (date to be determined)

- **1-day Summit** (in-person)
Join us for a day of informative and engaging workshops.

September 2024 (dates to be determined)

- **Field Trip 2** (Washington, D.C.) includes travel, accommodation, B, L, and D for 3 days and 2 nights. Focus of trip will be a guided tour of the African American History Museum and learning, reflection, and community engagement with Emory UMC in D.C.

October 2024 (Tues., 10/22/24, 6-7:15p CST)

- Group research and planning for Volunteer Project

November 2024 (date and project are to be determined)

- Volunteer Project

December 2024 (Tues., 12/10/24, 6-7:15p CST)

- **Group Session on Social & Emotional Tools & Resources**
Co-presenters are Rev. Tennille Power, E Ohio Conference, and Rev. Dr. Regina Davis-Bridges, NIC, who are trained and certified therapists.
- Of note, in light of the busy holiday season, the monthly session was moved to the 2nd Tuesday.

January 2025 (Tues., 1/28/25, 6-7:15p CST)

- **Panel discussion on what has been learned and experienced.**
Discussion facilitator: Amania Drane, NICUMC Project Manager

February 2025 (Tues., 2/25/25, 6-7:15p CST)

- **Next steps? How do we put all of this together into a plan for the future?**
- Individual Action Plans: I've learned this. Now what am I going to do with it?
Discussion facilitator: Amania Drane, NICUMC Project Manager

March 2025 (date and time tbd)

- Graduation Celebration

At the time of the creation of this schedule, the dates and times were finalized. However, all sessions and travel dates are subject to change due to unforeseen circumstances.

*The registration fee was originally \$200; however, it was reduced by \$10 as the participants are now responsible for purchasing or having a journal with divider tabs for each month during the cohort.