

CREATED BY & FOR
PHILADELPHIA FRIENDS

A FRIENDLY RESPONSE TO 'FIGHT, FLIGHT OR FREEZE' FEELINGS

AN EXTENDED
INTRODUCTION
TO NONVIOLENT
APPROACHES TO
TRANSFORM
DIFFICULT
CONVERSATIONS
ABOUT RACISM &
CLASSISM
AMONG FRIENDS



WE WILL
END OUR
DAY BY
SHARING A
MEAL
TOGETHER
-
All are
welcome to
bring food.

NOVEMBER 17

1:30 - 6 PM

RUFUS JONES ROOM
FRIENDS CENTER, 1501
CHERRY ST, PHILA, PA 19102

**REGISTER
HERE!**

**REGISTRATION
REQUIRED**

FOR INFORMATION - VISIT PHILADELPHIAQUARTER.ORG

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