

# INTERNAL FAMILY SYSTEMS ANTI-RACISM GROUP FOR WHITE BODIES



Join us for 12 weeks as our White bodies journey together in becoming more Self-led and confident Advocates and Allies for the Global Majority.

**What you receive:** 36 hours of Bi-weekly Informative Discussions, Demos, Consultations, Experientials, and Homework to continue your growth, PLUS 1 hour in-between session meet-ups with individuals from the group for continued connection and processing.

**\*Prerequisite: Completion of IFS Level 1, Stepping Stones or Self Capacities**

Large Group meets every other Wednesday 9am-12pmCST on Zoom  
Sept 11, 2024-Feb 26, 2025

Pairs meet in-between Large Group meetings for 1 hour on your schedule.

Registration: Space is limited

<https://bit.ly/Antiracist-IFS>



**Rev. Dr. Celeste Lebak**

IFS Practitioner, PCC

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**Led By**

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**Andrea Nus, LMFT**

IFS Certified Therapist

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