






















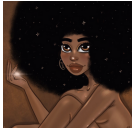




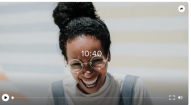


FEB 2021 SOCIAL JUSTICE + SELF-CARE CALENDAR

SLOW IT DOWN SUNDAY	MELANATED MONDAY	TREAT YOURSELF TUESDAY	UNLEARN WEDNESDAY	SELF-CARE THURSDAY	FUN FRIDAY	SMALL BUSINESS SATURDAY
31 	1  <u>Anna Julia Cooper</u>	2  <u>Lanier's Find Candies</u>	3  <u>Explore Unconscious Bias with Leesa Rene Hall</u>	4  <u>Wellness Doesn't Belong to White Women</u> by Kelly Gonsalvez	5  Decolonize your bookshelf with these <u>books for kids</u>	6  <u>The Ally League T-shirts + Self-Care Boxes</u>
7  <u>Shine self-care app</u>	8  <u>1 in 4 cowboys were actually African-American</u>	9  <u>McBride Sisters Wine</u>	10  <u>Do Better</u> by Rachel Ricketts	11  <u>BIPOC Women on the Power of Saying 'No'</u> by Jess Sims	12  <u>Anti-Racist Art Lessons for Children</u>	13  <u>Wild Suga Self-Care Colouring Book</u>
14  <u>228 Grant Street Candle Co.</u>	15  <u>Claudette Colvin: The 15-year-old who came before Rosa Parks</u>	16  <u>AH Lip + Body Butter</u>	17  <u>The Great Unlearn</u> Patreon Community	18  <u>Lightworker Love</u> interview with Rachel Ricketts	19  Go to or research a Black-owned restaurant/coffee shop (<u>Nirvana Soul pictured</u>)	20  <u>Self Restore, Self Explore Journal</u>
21  <u>Self-Care E-Journal</u> from The Root of Us	22  <u>The Devastation of Black Wall Street</u>	23  <u>Banana Peppers Art Prints</u>	24  <u>Let go of being a "good" person + become a better person</u>	25  <u>For Black Women, Rest is an Act of Resistance and Radical Self-Love</u>	26  <u>Self-Care Everyday Bookstore</u>	27  <u>Oh Happy Dani Apparel + Art Prints</u>
28  <u>Meditate with Rachel Ricketts on Insight Timer</u>	1	2	3	4	5	6

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