

# OMBRA (Oppression, Movement Building & Our Relationship as Activists)



## What is this training about?

OMBRA looks at how movements can be divided when oppression goes unaddressed, and offers practical tools to heal these divisions which affect our relationships as activists.

This workshop will address the importance of understanding the structural nature of oppressions (such as racism, sexism, classism, ableism, the oppression of young people, ...), as well as doing personal healing work – both of which are necessary if we are to work together effectively in a united movement.

## Format

Sessions are held over Zoom and last 3 hours.

## When?

OMBRA sessions run once or twice a month but are not always on the same day. Please see this [document](#) for information on dates and how to register.

---

All dates, times, and registration info for XRUK Talks and Trainings can be found via:

- [Movement Broadcast](#)
- [XRUK Talks and Trainings Facebook Page](#)

If you have any questions, please email us on [\*\*ombraworkshop@gmail.com\*\*](mailto:ombraworkshop@gmail.com)

---