

## Program Application: White Awareness: Relational Mindfulness and Race Equity

**Directions:** Please type directly onto this form. It will automatically adjust creating whatever space is needed. *Please type your answers, save in Microsoft Word as an attachment, then email attachment to Nancy Zegarchuk.* If you don't have Microsoft Word, please type your answers, then copy, cut, & paste below into email, please send to Nancy Zegarchuk at: [rmawa4@gmail.com](mailto:rmawa4@gmail.com)

Name:                      Date of Birth:

What are your preferred pronouns?

Home Address:

Preferred Email:

Preferred Phone Number:

May text messages be sent: (mark with XX)    Yes:            No:

Is it alright to leave a voice message: (mark with XX)    Yes:            No:

Name and phone number of contact person in case of emergency:

How did you hear about this White Awareness program:

Please list your main reasons for participating in the **White Awareness: Relational Mindfulness and Race Equity** Program:

- 1.
- 2.
- 3.

Have you participated in any race education programs in the past? If yes, please describe:

Please *describe your experience* with mindfulness practice (for example, how long practicing, how often, what types of practices, any retreats, trainings and teachers, etc.):

Have there been any recent events that might affect your participation in this program (for example, recent loss of a relationship, death of a loved one, unusual stress)? If yes, please describe the circumstances:

Is there anything else you wish the program facilitators to know about you that may contribute towards a better learning experience?

***\*Please Note:*** *If you have experienced or are currently experiencing any of the following, this program may not be suitable at this time. If yes, please discuss with one of the program facilitators: major depression, severe anxiety, hallucinations, emotional dysregulation, thoughts of harming yourself or someone else, acute complex trauma, or serious substance use (drugs, other substances, alcohol)\**

**Thank you for taking the time to complete this application.**

**Please email completed form to Nancy Zegarchuk at: [rmawa4@gmail.com](mailto:rmawa4@gmail.com)**