



ADDITIONAL RESOURCES: WORKSHOP ONE

Additional Reading:

1. [Tips for Managing Money When You Live With Mental Health Challenges](#)
2. [How to Practice Mindfulness on a Budget](#)
3. [How to Reduce Financial Stress](#)
4. [Income Inequality in America](#)
5. [Poverty in America Statistics](#)
6. [Data Illustrating the Intersectional Nature of Poverty](#)
7. [Bruce's Beach – Systemic Racism & Reparations](#)
8. [Race & the lack of Intergenerational Economic Mobility in the U.S.](#)
9. [Displacement in Portland](#)
10. [Brief History of Race, Racism, & Colonialism](#)
11. [Unaffordable America: Poverty, Housing & Eviction](#)
12. [FAQs on Problem Gambling](#)

Videos:

1. [Donita Diamata on Mental Health & Poverty](#)
2. [Mapping Poverty in America](#)
3. [Social Class and the “American Dream”](#)
4. [8 Videos on Understanding Systemic Racism](#)
5. [Kimberlé Crenshaw on the Urgency of Intersectionality](#)
6. [Redlining & Housing Segregation in America](#)
7. [Redlining in Portland, OR](#)
8. [Oregon's Racist History](#)
9. [How to Build Financial Resiliency](#)
10. [Financial Empowerment](#)

Handout Links:

1. [Facts About Poverty & Hunger in America](#)
2. [Steps Towards Financial Resilience](#)
3. [Poverty & Intersectionality in Oregon](#)
4. [Hidden Rules Among Classes](#)
5. [How the Census Bureau Measures Poverty](#)
6. ["The 'American Dream' of upward mobility is broken"](#)
7. [White Privilege: Unpacking the Invisible Knapsack](#)

Interactive Links:

1. [Living Wage Calculator](#)
2. [Interactive Savings Guides](#)