



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**NORTH SUBURBAN  
YMCA**  
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**FOR IMMEDIATE RELEASE**

**The North Suburban YMCA Presents  
*“How to Have Conversations About Race”***

**Northbrook, IL; February 2021** In commemoration of Black History Month, the North Suburban YMCA will partner with RAIN (Racial Awareness in the North Shore) for a special virtual event entitled *“How to Have Conversations About Race”* on Monday, February 8 at 7pm. The program is free and open to the public.

Hosted by RAIN member and TiBA (Together is Better Alliance) board member Val Gilmer, the event will introduce the topic of having conversations about race including understanding racism, defining systematic racism, and how to change the current landscape that negatively impacts black people. Participants will move into smaller break-out groups led by RAIN members to help build skills to navigate additional race conversations.

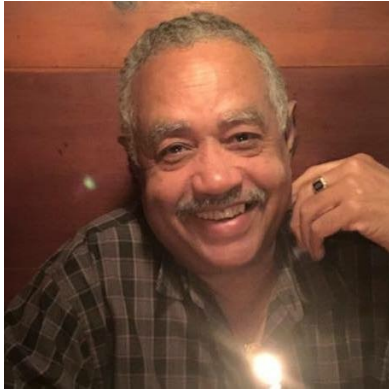
Committed to racial justice and unity, Gilmer is involved with several like-minded organizations in the north suburbs of Chicago. Gilmer spent 37 years in federal civilian service serving as the Director of Equal Employment Opportunity (EEO) where he represented Navy Department EEO Directors for the Northeast of the US and Europe. He was presented with the Civilian Meritorious Award and Metal by the US Navy Department for his outstanding service.

“We’re honored to offer community members this enlightening event that discusses how to help change systemic racism that is rampant in our society,” stated Karen Brownlee, Adult Program Coordinator at the NSYMCA.

For more information or to register for this program, email Karen Brownlee at [kbrownlee@nsymca.org](mailto:kbrownlee@nsymca.org)

### **About the North Suburban YMCA**

The North Suburban YMCA services Northbrook and 14 surrounding communities with programs and tools that help its residents become healthier, more connected, and confident, ensuring that everyone, regardless of age, income, or background, has the opportunity to learn, grow, and thrive. The NSYMCA focuses on Youth Development, Healthy Living, and Social Responsibility and is a charitable organization, inclusive and welcoming to all in our community. Learn more at [NSYMCA.org](http://NSYMCA.org).



*Caption: The North Suburban YMCA will partner with RAIN (Racial Awareness in the North Shore) for a special virtual event entitled “How to Have Conversations About Race” on February 8, hosted by RAIN member Val Gilmer.*